

# 【Okra】A sticky food in season in summer

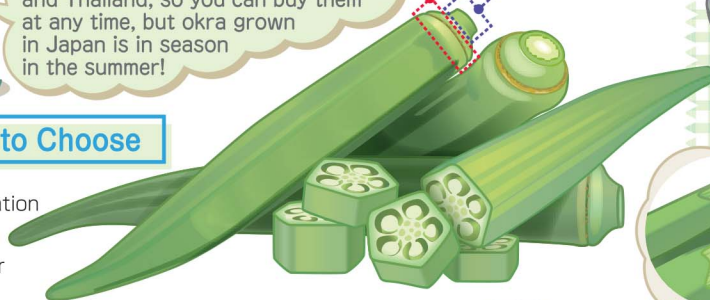
Now in  
season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



This vegetable is spelled “okra” in English, and is used as a loanword in Japan.  
There are imports from the Philippines and Thailand, so you can buy them at any time, but okra grown in Japan is in season in the summer!

Head Stem



## How to Choose

- Firm texture
- No discoloration of stem
- Covered with fine hair
- Not big

## Nutritional Content

- Contains vitamin K, folic acid, dietary fiber, vitamin E, calcium, etc.

The stickiness of okra comes from pectin, a dietary fiber. In addition to inhibiting the absorption of cholesterol, it is thought to also regulate the intestines and moderate the absorption of sugars!



Main reference websites: “Nutrition of sticky okra! With recipes,” DELISH KITCHEN / “Okra,” Minato’s Large Dictionary  
Reference: “Nutrition Encyclopedia for Healthy Daily Living,” NHK Publishing, Nov. 2022

## Recommended Dishes



Boiled Whole Okra  
with Dried Bonito



Stir-fried Eggplant  
and Okra



With peeled head

If you cut off the head when cooking okra, the water-soluble vitamins will flow out. Peel and trim it using a knife or peeler before cooking!



## How to Store

- Because okra is sensitive to dryness and low temperatures, wrap in paper towels, put in a storage bag, etc., and place in the vegetable compartment of the refrigerator.
- If you want to store okra for a long time, lightly boil, thoroughly pat dry, put in a storage bag, etc., and place in the freezer.

[Note] The prime season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website  
(English version)!

The website is available in English. Please be sure to read it.



Click “English”  
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