

OKRA AND ITS CHARACTERISTICS

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Annotation: *The purpose of this article is to study the Okra plant, content and consumption, occurrence in Uzbekistan.*

Keywords: *plants, features, content, nutrition, consumption, nutritional value, pollination.*

Okra (*H.esculentus*) is a vegetable of the malvaceae family, which is also known as gombo, bhindi or okra. It is an annual herbaceous plant 1-1.5 m high, with large leaves, solitary flowers and a shrub-like appearance common in tropical countries. The okra leaves also have pronounced pubescence. They are large 5-7 lobed heart-shaped or rounded plates, the color of which can be dark or light green. They are attached to the stem with long petioles. Blooming gombo will become a bright decoration of the garden, vegetable garden. Its flowering period is very long. From the beginning of summer until the very end of autumn, more and more single buds appear in the axils of the leaves, opening with large funnel-shaped flowers. They have short, also pubescent pedicels and petals from pale lemon to beige, cream. Varieties are self-pollinated and cross-pollinated. In any case, after pollination and withering of the flower, a fruit is formed in its place - an elongated octagonal (pyramidal) multi-seeded box with a pointed end, outwardly resembling pepper pods. The fruits, as well as the rest of the plant, are covered with fine hairs. Rounded or elongated on small stalks, they together reach up from the leaf axils. In some varieties, the length of the box can reach 25 cm, although the standard size does not exceed 10 cm. On the cross section, the fruits have a beautiful star-shaped shape. They are densely packed with fast-maturing seeds. It takes only 4-5 days and they become tasteless, fibrous. Fake coffee is made from the roasted seeds, and the ripe fibers are extracted from the stems. Young fruits are eaten - boxes with dense pulp and seeds. Okra tastes like a cross between zucchini and asparagus. Ideally, its fruits should be slightly unripe. Ripe vegetables during heat treatment are tough and not so tasty. Okra fruits are covered with hairs. To avoid irritation, the preparation of okra begins with cleaning the fruit from these same hairs. Another important point: when stewing or boiling, okra releases a lot of mucus. If

you want to get rid of it, cook okra in boiling oil. In this case, it will resemble fried butter. However, mucus contains some of the beneficial properties of okra. In particular, it helps with inflammation of the duodenum and stomach ulcers, and improves digestion. Other valuable properties of okra are the ability to lower blood sugar levels, thin blood clots and strengthen the walls of blood vessels. Calorie content of okra is only 31 kcal per 100 g. At the same time, it is rich in vitamins, microelements and fiber. So for weight loss, okra is an ideal product. In addition, it normalizes metabolism and removes toxins from the body. Of the vitamins in the okra pods, there are A, C, B6, and of the minerals: calcium, iron, magnesium, manganese, phosphorus, potassium, zinc. It is not surprising that okra has found wide use in cooking. It can be boiled, stewed, fried, added to soups, salads, meat and vegetable stews. Okra goes equally well with meat, fish and poultry. Okra fruit cannot inflict no harm to the body, even if consumed daily and in large enough quantities. The only contraindication to their use is individual intolerance, which can lead to an allergic reaction. Okra is native to South America. Cultivated in Transcaucasia and to a lesser extent in Uzbekistan. Okra has been grown in Uzbekistan since 2018. 200 hectares have been allocated for this crop in Samarkand, Andijan, and Tashkent regions. It is planned to harvest 13-14 tons per hectare. This exotic vegetable has already appeared on the shelves of large supermarkets of the republic.

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