

PEAKfresh[®]USA

Packing Guide for Okra



Okra has a very high respiration rate at warm temperatures and deteriorates rapidly. It can be stored for approximately 10 days with careful attention to handling, temperature, and relative humidity levels. Okra bruises easily resulting in blackening around the bruised area.

It is also very sensitive to ethylene damage and to chilling injury at temperatures below 7°C (45°F). Okra should not be top-iced or sprayed with water.

Recommended Post Harvest Temperatures: 7°C to 10°C (45° - 50°F) and 90% to 95% relative humidity.

Packaging Method:

To protect the vegetable from damage caused by ethylene, we recommend that PEAKfresh carton liners be used to package okra as long as there is reasonable certainty that temperature control can be maintained. The PEAKfresh carton liners should be folded closed at the top. Where there is a risk of poor temperature control, we recommend that okra be packaged using separate sheets of PEAKfresh film to either individually wrap the okra or to use as a sheet underneath and over the top of boxed okra. Pay careful attention to temperature settings to avoid chilling injury and surface decay.

Storage Temperatures: 7° to 10°C (45° - 50°F) 90% to 95% humidity.

Important Please Read:

All recommendations for the use of PEAKfresh products are given in good faith and based on proven field experience. Packaging method, storage temperatures, storage humidity levels, transit and destination conditions are factors likely to affect the performance of PEAKfresh products and no liability for indirect or consequential damage can be accepted. We recommend that PEAKfresh products be tested under local conditions before introduction to large scale commercial applications.