

PRODUCTION OF COFFEE FROM OKRA (*Abelmoschus esculentus*) SEEDS

Research Study

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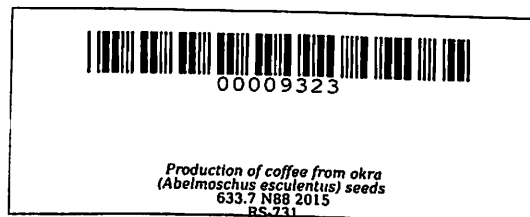
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Submitted to the Faculty of the
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ABSTRACT

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This study was conducted from August 2014 to December 2014 at Poblacion II, Indang, Cavite to produce coffee from okra seeds. Specifically, this study aimed to determine: 1. the sensory properties of coffee from okra seeds in terms of; color, aroma, taste and after taste; 2. the acceptability level of coffee from okra seeds; 3. the most acceptable treatment in producing coffee from okra seeds; 4. the difference between commercialized coffee and coffee from okra seeds in terms of color, aroma, taste and after taste; and 5. the cost of production of coffee from okra seeds.

Matured okra fruits were gathered from the researchers' backyard and different varieties of ground coffee were bought from Amadeo, Cavite. The fruits were dried under the sun for three weeks. Dry seeds were extracted and roasted for three hours in low heat. Roasted seeds were ground and used in preparing five treatments of coffee from okra seeds: T1 - 100% okra seeds coffee; T2 - 50% okra seeds coffee and 50% Arabica coffee; T3 - 50% okra seeds coffee and 50% Robusta Coffee; T4 - 50% okra seeds coffee and 50% Excelsa Coffee; and, T5 - 25% okra seeds coffee, 25% Arabica Coffee, 25% Robusta Coffee, and 25% Excelsa Coffee. The coffee preparations were evaluated by 30 participants that were chosen randomly from Poblacion II, Indang, Cavite. The acceptability of the different treatments were tested in terms of color, aroma, taste, and after taste. Results revealed that Treatment 4 (50% Okra Seeds Coffee + 50% Excelsa Coffee) was the best coffee preparation in terms of color, aroma, taste and after taste.

Treatment 4 yielded the highest mean (3.23) with “Very Dark” rating in terms of color, and the highest mean (3.43) with “Very Perceptible Coffee Aroma” rating in terms of aroma. In terms of taste and after taste, Treatment 4 also yielded the highest mean (3.07) with “Bitter” rating. Treatments 2, 3 and 5 yielded the highest mean (3.17) with “Acceptable” rating. On the other hand, the blend with the lowest mean (3.03) was Treatment 1 (100% okra seeds coffee).

When the best treatment (T4) was compared to commercial coffee (Aguinaldo Blend coffee), there was a significant difference in terms of aroma, taste, and after taste, and no significant difference in terms of color.

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INTRODUCTION

Coffee is considered the most popular beverage after water. It is a drink that is usually taken by most of the people every morning and it is said that it can lessen the sleepiness of an individual. Coffee drink can also be enjoyed whether hot or cold. However, coffee drink contains caffeine that can be harmful to one's health and nowadays, majority of the people and even teenagers drink coffee. Caffeine found in coffee drinks can increase emotional fatigue, pre-menstrual syndrome in women, panic attacks, addiction, and dehydration. People are looking for a coffee drink that does not have caffeine that may harm their health if taken in excessive amount.

Ordinary people usually crave for instant coffee that is tasty and quite affordable. These kinds of coffee are not advisable to be taken daily since there are a lot of chemicals. Coffee drinkers, on the other hand, are usually aware of the difference between instant and natural coffee. They usually crave for good tasting coffees. Natural roasted coffees are packed in bulk and is said to possess rich when tasted.