



# Okra

*Abelmoschus esculentus*

## Nutrition Facts

- Okra contains a healthy amount of Vitamin C, calcium, iron and is rich in fiber.
- Okra contains a large amount of folate, a vitamin that prevents birth defects.

## Planting

Plant 5/1-5/25

(Guidelines for planting in raised beds)

**Seeds:** Sow seeds in rows spaced 12-18" apart. Seeds should be spaced 10-12" apart and then thinned to stand 12" apart.

## Care

**Seeds:** Water the seeds regularly with a gentle spray. Keep the soil moist, so that the seeds will germinate. Thin the plants so that they stand 12" apart from each other in each row.

**Young seedlings:** Water when top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw to keep the soil moist and to stop weeds from growing.

## Harvest & Storage

Okra produces many yields throughout the growing season. Often times pods will need to be harvested every 3 to 4 days once the plant begins producing. Typically, pods should be harvested once they reach 1.5 to 3 inches. Okra pods become hard and stringy if they are allowed to grow to be more than 5 inches. Use scissors or shears to cut pods at their stems.

## Recipe

\*Wash all vegetables before using\*

### Okra Succotash

4 cups okra, sliced  
1 cup lima beans  
1 cup corn kernels  
3 large tomatoes  
1 tablespoon butter  
1 teaspoon salt  
1/4 teaspoon pepper

Roughly chop the tomatoes into small pieces. Add diced tomatoes, okra, salt and pepper into a covered pot and let simmer for 15 minutes. Add lima beans and simmer for 15 minutes. Add corn and simmer for another 20 minutes. Add butter, stir and enjoy!



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