



Vegetable Spotlight



OKRA

VEGETABLE SUMMARY

SYG Variety: Jambalaya

Growing Seasons: Summer

Maintenance: Once seedlings reach 3-4 inches tall, keep soil temperature regulated and weeds at bay by mulching. Watch our quick [How to Mulch](#) video to learn more.

Harvest: Okra should be harvested continually throughout the summer growing season once pods reach about 1.5 - 3 inches long. Okra grows quickly, so you'll need to harvest about every 3-4 days. If okra is left too long to mature on the plant, it will become woody and inedible. Harvest okra by cutting pods off at their stem using scissors or shears.



SEEDS



SEEDLINGS



FULLY GROWN PLANT

Nutrition Facts: Okra is a great source of both **calcium** and **magnesium**. These two minerals are important for bone health as well as heart health. They work together in the body to keep bones strong and to help our heart have a healthy rhythm. Okra is also a good source of vitamin C.

Recipes: Try this simple and delicious recipe for [Oven Roasted Okra](#).

Book Recommendations: *Mrs. Peanuckle's Vegetable Alphabet* by Mrs. Peanuckle, Illustrated by Jessie Ford

WRITE YOUR NAME WITH VEGETABLES (OKRA)

MATERIALS:

- *Mrs. Peanuckle's Vegetable Alphabet*
- Write Your Name with Vegetables worksheet (provided)
- Markers or Crayons



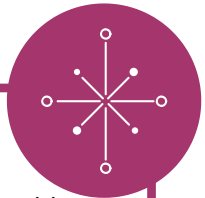
SUMMARY:

In the book, *Mrs. Peanuckle's Vegetable Alphabet*, we go through each letter of the alphabet and learn about the different vegetables that start with each letter. Write your first name and draw vegetables that start with the letters in your name!



ACTIVITY:

1. After reading the book, *Mrs. Peanuckle's Vegetable Alphabet*, pass out one Write Your Name with Vegetables worksheet for each student and enough markers or crayons for students to share.
2. Explain the directions to the class and then review the vegetables associated with each letter in the book.
3. Ask students to share some of their favorite vegetables and discuss what letter each starts with.
4. Instruct students to begin writing their name and drawing their vegetables on their worksheet. Walk around assisting those who need it.
5. Wrap the activity up by traveling out to the garden to observe the vegetables growing. What letter does each start with? While out there, water, weed, and harvest as needed.



Example:



KANSAS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

CL.F.p4.1d: Recognizes and names some upper and lowercase letters in addition to those in first name.
CL.W.p4.2: Recognizably writes a majority of the letters in their name.

Missouri:

IV.D.2.b.: Identifies some alphabet letters.
IV.E.1.a.: Experiments with writing tools and materials.
IV.E.1.b.: Uses scribbles, shapes, pictures, letter-like forms and letters to write.



WRITE YOUR NAME WITH VEGETABLES (OKRA)

Directions:

- Write your name on the dotted line below.
- Below your name, draw pictures of vegetables that start with each letter in your first name.

Name: