

Free Workshops

Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

See the schedule and register at:
kccg.org/workshops

Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

Find them at
kccg.org/gardening-guidesheets

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

Find them at
kccg.org/how-to-videos

Together We Grow

KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.



[@KansasCityCommunityGardens](https://www.facebook.com/KansasCityCommunityGardens)



[@kccommunitygardens](https://www.instagram.com/kccommunitygardens)



www.kccg.org



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Volunteer

Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit
www.kccg.org/volunteer

Growing Okra



KCCG
KANSAS CITY COMMUNITY GARDENS

KCCG's Varieties

Burgundy - 55 days - Bears moderate amounts of red pods on tall plants. Pods turn green when cooked.

Clemson Spineless - 55 days
The most popular okra variety available. Plants are 4-6' tall with straight, deep green, spineless pods.

Dwarf Green Longpod
50 days - Pods are bright green, ridged and tapered and tend to be more slender than the Clemson Spineless. Plant height is 3-4' tall.

Jambalaya - This early producing, high yielding okra has delicious tender pods on compact plants. (hybrid)

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.

Nutritional 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.