



Okra

Growing & Harvest Info

Okra is a warm season vegetable that needs full sun exposure in a well-drained area. Because okra has a hard coat, soaking seeds in water overnight helps to increase germination.

Plant okra in the spring 2-3 weeks after the first frost and plant in the fall at least 3 months before fall frost. Direct seed okra into the garden after soil temperature has warmed to 60 degrees F. Plant okra about 2 inches apart and 1 inch deep, with 3 feet between rows.

Okra should be harvested when seed pods are young and tender (about 3-4 inches long). Okra has a rapid growth rate so it is necessary to harvest on alternate days to ensure pods do not become overly mature. Okra that is too mature can be dried, cured, or used in floral arrangements

Nutritional Benefits

Okra

Source	Rating
Vitamins	EXCELLENT
Minerals	GOOD
Fiber	GOOD

Introduction

Okra contains significant amounts of vitamin C, A, and K. It was brought to the New World by African slaves during the slave trade. In the 1800's, slaves from Africa used ground okra as part of their diet, which led to southerners using ground okra seed as a substitute for coffee during the Civil War.

Preservation

Storage:

- Refrigerate unwashed, dry okra pods loosely wrapped in plastic bags.
- When ridges and tips of pods darken, okra needs to be used immediately

Freezing:

- Select young, tender pods (about 2-2 1/2 inches long) and wash and trim stems
- Place in boiling water to blanch for 3-5 minutes, depending on size of pods
- Cool immediately. Seal in freezer-friendly package

Canning:

- Make sure to use pressure canner and correct processing times.
- For instruction on canning okra:
https://nchfp.uga.edu/publications/nchfp/factsheets/preserving_okra.html

Vegetable state	Use by
Raw	2-3 days
Frozen	12 months
Home-Canned	1 year



Okra

Preparation

Recipe 1: Roasted Okra

Serves 2 , Preparation: 10 minutes

Ingredients

- 1 pound okra, rinsed and dried
- 1/2 tbs. olive oil
- 2 tsp. fresh thyme
- 1/4 tsp. garlic powder
- 1/4 tsp. salt
- ground pepper to taste
- dash of cayenne powder (optional)

Directions

- Preheat oven to 450
- Trim okra pods: cut away pod ends and tips, slice in half lengthwise
- In large bowl, mix okra pods with oil and spices until coated
- Place okra on baking sheet in single layer
- Roast for 20-25 minutes until lightly browned, tossing two or three times while roasting

Okra is a powerhouse of nutrients, like calcium, iron, phosphorus, potassium, zinc, copper, folate, and antioxidants.

Prepare Okra Like This:

Roasted	Baked
Sauteed	Boiled
Slow-Cooked	Grilled
Steamed	

Try Okra In:

Casseroles
Pastas
Salads
Soups
Stews
Stir-frys