Okra

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

Nutritional Benefits

<table>
<thead>
<tr>
<th>Source</th>
<th>Rating</th>
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</thead>
<tbody>
<tr>
<td>Vitamins</td>
<td>EXCELLENT</td>
</tr>
<tr>
<td>Minerals</td>
<td>GOOD</td>
</tr>
<tr>
<td>Fiber</td>
<td>GOOD</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Vegetable state</th>
<th>Use by</th>
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</thead>
<tbody>
<tr>
<td>Raw</td>
<td>2-3 days</td>
</tr>
<tr>
<td>Frozen</td>
<td>12 months</td>
</tr>
<tr>
<td>Home-Canned</td>
<td>1 year</td>
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</tbody>
</table>
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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