



OKRA

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ENVS 210

HOW

- Okra is very easy to grow in any climate. It is a hardy plant that has a resistance to many predators
- Okra grows best 3-4 weeks after the first frost
- Plant it in early spring
- Make sure you are putting the seeds 1 to 1-1/2 in deep in the soil
- Space 12-18 in apart
- Direct sunlight is Okra's friend!
- Water daily



Red Velvet Okra



Green Okra

BENEFITS OF EATING OKRA

- VIT C 30% DV— Heals wounds, repairs and maintains bones and teeth.
- Vit A: 5% DV— Supports cell growth, immune function, vision, and reproduction.
- Folate: 15% μg — Good for brain and spinal cord development.
- Dietary Fiber: 12% DV— supports digestive system, lowers cholesterol and glucose levels.
- Magnesium: 14% DV— Required for energy production, muscle, nerve func-

DID YOU KNOW?

Okra has hibiscus flowers that look great with any garden!





RECIPES



Okra, Corn, and Tomatoes

- 1 medium red onion (diced)
- 10 oz. chopped okra
- 20 oz. frozen corn
- 4.5 oz. chopped tomatoes
- 2 slices cut bacon
- Salt and pepper (to taste)
- Place bacon on medium heat, cook in skillet until done. Add onion, okra, tomatoes, and corn. Let simmer on medium heat for 2 minutes. Season as needed.

Pakbet

A traditional Filipino dish that has no rules! Mix however many vegetables you'd like, season, and simmer together!

- 1 eggplant
- 1/4 lb. squash (any)
- 1 lg. tomato
- 8 pieces okra
- 1 bunch of string beans
- 3 cloves garlic
- 1 T ginger
- 1 md. bitter melon
- 4 T shrimp paste (bagoong)
- 1 cup water
- Salt and pepper, to taste
- Sautee the onion on medium heat with cooking oil. Mix the cut vegetables together with the shrimp paste. Let simmer for 30 minutes, serve.

