Okra

What am I?

Okra is a green vegetable that is part of the mallow family. It has edible green seed pods.

How do I grow?

- The okra plant grows 3-6 feet tall and produces a hibiscus-like flower.
- Pods should be picked when they are 2-3 inches because longer pods are tough.
- An okra plant needs to have pods removed at least every other day because new pods grow daily.

Nutrition Facts

Okra is a great source of soluble fiber which helps lower blood cholesterol and the risk of heart disease. Okra also contains insoluble fiber which keeps the digestive tract regular.

Fun Facts

- Okra also goes by the name “gumbo” or “lady’s fingers.”
- “Gumbo” is Swahili for “okra.”
- It is in the same family as hibiscus and certain roses.

WISCONSIN DEPARTMENT OF
Public Instruction
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