



Okra

Planting from Seed

When to start seeds indoors: 4-6 weeks before spring frost date

Earliest date to transplant hardened off seedlings:

When night temperature is consistently greater than 65°

Days of Germination: 7-12 days (in optimal conditions)

Planting in the Garden

Recommended garden type and methods: direct sow, field grown, do not disturb roots, needs warm temps

Spacing: 12" – 18" apart

Companion plants: lettuce, herbs, cucumbers, flowers that bloom mid-summer

Harvesting

1 seed = 20 pods = up to 3 lb.

Days to Harvest: 50-65 days

Directions: Harvest when pods are 2" – 4" long by cutting the stem to leave 1/4" on the pod. Pick frequently. Larger pods get woody and inedible. Keep okra dry and cool (50') in packaging that has good ventilation. Handle as little as possible; pods bruise easily.

Use in the Kitchen

Vegetable subgroup: Other

Preparation: Rinse, trim stem end, leave whole or chop into 1/2" pieces

Menu Planning Ideas: Roast, add to soups and stews

Suggested Flavor Enhancers: Curry powder, oregano, garlic, tomato



The Lifecycle of Farm to School

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