



# OKRA

**SUMMER**

**FALL**



**ARKANSAS**  
**Farm to School**

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*



# GROW

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In the spring, plant okra seeds 1 inch (in.) deep in rows 3 to 4 feet apart, after the last frost has passed. Thin okra seedlings 10 to 18 in. apart. Harvest okra every other day by cutting tender pods, 2 to 4 in. long from the plant. Remove mature pods as they reduce plant productivity.



# PREP

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Wash okra thoroughly with water. Remove the stems and discard. Prepare okra whole or cut into desired-sized pieces. Try soaking the okra in vinegar for 30 minutes to prevent it from becoming slimy when baked or fried. However, the texture can also help thicken dishes when used as an added ingredient.



# EAT

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Enjoy okra in traditional southern dishes like gumbo and jambalaya! Grilled, fried, or oven-roasted okra can be a wonderful addition to any meal. Toss okra into succotash with other favorite summer vegetables like corn, summer squash, and bell peppers!



# LEARN

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The origin of okra is widely disputed, however it is likely from south Asia, western Africa, or Ethiopia. Okra is a **vegetable** that is high in vitamin K, which is important in blood and bone health. Okra was most likely introduced to the South by enslaved Africans, as were many other traditional southern foods.

