

# **OKRA**

***(Abelmoschus esculentus)***



## **A few facts**

- Also known as Lady's finger, Okra is grown in Asian and African tropical and sub tropical places. Its origin is unknown
- It is in the Mallow family, related to hibiscus, cotton and cocoa.
- Okra grows as a small shrub 700cm x 700cm
- It is the fruit/ seed pod that is eaten
- It is really easy to grow from seed
- Okra can be grown all year, but particularly loves humid conditions.

# OKRA

*(Abelmoschus esculentus)*

## How to grow

- Okra is easily grown all year round, in the full sun, in a free draining place. It prefers wet conditions and grows quickly.
- Can be planted into a raised bed, ground level bed or large planter box
- Fertilise with organic fertiliser occasionally.

## How to grow more

- Easily grown from seed, collected from dried okra pods
- Plant these seeds at least 800cm apart directly into the ground or grow them in pot first and then plant them into the ground

## When to plant them/ grow them

- These can be planted all year round, but love humid conditions (wet season) especially.

## How to eat them

- The seed pod is eaten when small, so that it is not too tough and stringy.
- Okra is great in Indian dishes or other curries and stir fries, they can be slimy but if roasted first become crispier. It can also be made into pickles and as a snack
- The seed pods contain vitamin C