

Okra

Okra is a green edible seed pod that has a fuzzy texture on its skin. The pods are used for soups, canning, and stews, or as a fried or boiled vegetable.



HOW DO I MAKE A GOOD SELECTION?

When selecting okra, look for ones that have a bright green color to them and are firm when touched. Make sure to avoid okra that is moldy, limp, or dried out.

WHAT IS THE PROPER STORAGE?

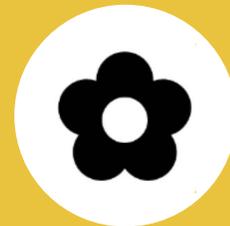
Store uncooked okra in a plastic bag or container in the refrigerator for 2-3 days or in the freezer in an airtight container. Before cooking okra, make sure to rinse them carefully with cold water.

WHY SHOULD I EAT THIS?

Okra provides about 10% of our daily recommended amount of Vitamin B6 and folate. Vitamin B6 helps our cells grow and stay healthy. Folate helps our tissues grow, cells work and is an important vitamin for women who are pregnant.

HOW COULD I USE THIS?

- Add to soup or stew
- Add to stir-fry
- Okra is used in gumbo
- Try okra grilled, sautéed or roasted
- Pickle okra



DID YOU KNOW?

Okra is from the same family as the hibiscus flower.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| HARVEST  | | | | | | × | × | × | × | | | |
| MARKET  | | | | | | × | × | × | × | | | |

Sources: SNAP-Ed Connections



Photo Credit: Courtney Eitzmann

RECIPE:

Okra Succotash

6 Servings

Ingredients:

- 1 tsp. vegetable oil
- 10 okra, sliced
- 2 ears of corn, cut from cob
- 1/2 onion, chopped
- 3 medium yellow squash, sliced
- 1 tomato, diced
- 1 tsp. salt (optional)
- 1 tsp. pepper (optional)
- 1 tsp. dried basil (optional)
- 1 tsp. dried oregano (optional)
- 1 tsp. dried thyme (optional)

Directions:

1. Wash hands with soap and water.
2. Wash vegetables and then prepare them as directed in the ingredients list (slice, chop, dice, etc.). Gently rub okra and tomato under cold running water. Scrub onion, corn, and yellow squash with a clean vegetable brush under running water.
3. In a non-stick skillet over medium heat, cook vegetable oil and okra for 3 to 5 minutes. Then add onion, corn, squash and optional spices for 5 minutes until tender.
4. Add diced tomatoes and continue cooking for 3 minutes.
5. Store leftovers in a sealed container in the refrigerator.

Options: Serve on top of chicken or fish. When corn, okra and tomatoes are not in season, use canned vegetables in place of fresh vegetables.

Nutrition Info:

| Nutrition Facts | |
|-------------------------------|----------------|
| 6 servings per container | |
| Serving size | 3/4 cup |
| Amount per serving | |
| Calories | 60 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 400mg | 17% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 1g | 4% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 48mg | 4% |
| Iron 1mg | 6% |
| Potassium 485mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: USDA Mixing Bowl