

Okra

Nebraska Seasonal Produce Guide

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.

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 by playing a role in preventing birth defects.



Proper Storage

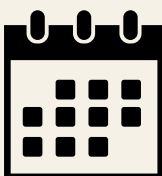
Store uncooked okra in a plastic bag or container in the refrigerator for up to three days or in the freezer in an airtight container. Before cooking okra, make sure to rinse it carefully with cold water.

How Could I Use This?

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

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.



Seasonal Availability in Nebraska

Harvest Season: June through September

Market Availability: June through Septmeber



LEARN MORE AT **FOOD.UNL.EDU**