

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.



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.

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 them carefully with cold water.

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.

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

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST						☑	☑	☑	☑			
MARKET						☑	☑	☑	☑			



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