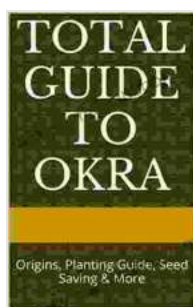


The Total Guide to Okra: A Versatile and Nutritious Vegetable

Okra is a warm-season vegetable that is native to Africa. It is a member of the mallow family, which also includes hibiscus and cotton. Okra is a tall, slender plant that can grow up to 6 feet tall. It has large, deeply lobed leaves and produces edible pods that are 3 to 6 inches long.



Total Guide To Okra: Origins, Planting Guide, Seed Saving & More by ShiFio's Patterns

★★★★★ 5 out of 5

Language : English
File size : 157 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 14 pages



Growing Okra

Okra is easy to grow in warm climates. It prefers well-drained soil that is rich in organic matter. Okra seeds should be planted 1 inch deep and 18 inches apart. The plants should be watered regularly and fertilized every few weeks.

Okra is a heat-loving plant that does not tolerate frost. It should be planted after the last spring frost and harvested before the first fall frost.

Cooking Okra

Okra is a versatile vegetable that can be used in a variety of dishes. It can be fried, boiled, roasted, or pickled. Okra is also a popular ingredient in soups, stews, and gumbos.

When cooking okra, it is important to remove the stem and the seed pod. The stem is tough and fibrous, and the seed pod can be slimy.

Nutrition

Okra is a good source of vitamins, minerals, and fiber. It is a low-calorie vegetable that is high in antioxidants.

One cup of cooked okra contains:

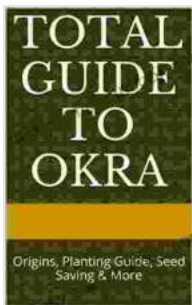
- Calories: 33
- Carbohydrates: 7 grams
- Protein: 2 grams
- Fiber: 3 grams
- Vitamin C: 24% of the Daily Value (DV)
- Vitamin K: 16% of the DV
- Folate: 10% of the DV
- Potassium: 8% of the DV
- Manganese: 7% of the DV

Health Benefits

Okra has been shown to have a number of health benefits, including:

- Reduced cholesterol levels
- Lowered blood sugar levels
- Improved digestion
- Reduced inflammation
- Boosted immunity

Okra is a versatile and nutritious vegetable that is easy to grow and can be used in a variety of dishes. It is a good source of vitamins, minerals, and fiber, and has a number of health benefits. If you are looking for a healthy and delicious way to add more vegetables to your diet, okra is a great choice.

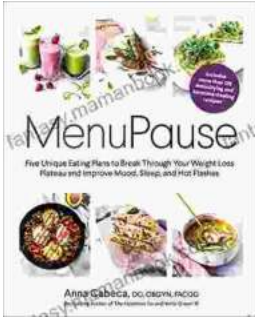


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