

# Okra

Suggested varieties: *Burgundy Red, Clemsons Spineless*

## Vegetable

### PLANT



Soak seed in warm water for two hours. Sow 1cm deep in pots. Transplant into larger pot in a greenhouse (preferable) or outdoors in a sheltered site

### GROW



Water in dry weather. Mulch to conserve moisture. Stake taller plants. Remove growing tips of fast growing shoots to encourage bushiness

### EAT



Regularly cut pods for a continuous supply. Pick pods when young (2-10cm long); older pods become stringy. Handle gently as pods are easily bruised

### Growing guide

Trickier

### Average time to harvest

From 24 weeks

### Equipment needed

Stakes, twine, mulch (eg compost)

### Germination time

15 days

### Average plant size

150cm tall, 60cm wide

### Family group to grow with

Miscellaneous

### Seed saving group

2 - Annual, can cross-pollinate

### Key nutritional content

Folate, vit. C, fibre, calcium, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
	■	■		■	■						
				🏠				■	■		

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

🏠 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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