

Okra

(*Abelmoschus esculentus*)

Recommended Varieties

Clemson Spineless
Blondy (compact plants with whitish pods)

Disease Resistance

AAS
AAS

Okra, sometimes called gumbo, is a summer and fall crop. Do not plant seed until the soil is warm. Soak seed in water for 24 hours before planting. Plant only those seeds that are swollen. Plants grow to a height of 4 to 5 feet and produce pods in about 60 days. Plants need to be staked. After the pods begin to form, pick them every 2 to 3 days. The plants stop bearing if you allow the pods to ripen on the stems.

Nutritional Value

| | | | | |
|-------------------|-------------------------|--------------------------|----------------|---------------------------|
| Serving size: | 1/2 cup, slices, boiled | <u>Primary Nutrients</u> | <u>%RDA(m)</u> | <u>%RDA(f)</u> |
| Calories | 25 | Vitamin C | 13 mg | 22 |
| Fat | 0.1 g | Folic acid | 37 mcg | 19 |
| Calories from fat | 4% | Magnesium | 46 mg | 13 |
| Cholesterol | 0 | Vitamin B6 | 0.15 mg | 7.5 |
| Sodium | 4 mg | Thiamin | 0.11 mg | 7 |
| Protein | 1.5 g | Calcium | 50 mg | 6 |
| Carbohydrate | 5.8 g | | | |
| | | Potassium | 257 mg | |
| | | | | <u>% Min. Requirement</u> |
| | | | | 13 |

Problem Diagnosis for Okra

See [General Problem Diagnosis for Vegetables \(Table 5\)](#) for general techniques to recognize and manage the common problems associated with okra. Nematodes, aphids, corn earworm, and mites cause problems in okra.