



# Okra

**Scientific Name:** *Abelmoschus esculentus*

**Recommended Varieties:**

- Burgundy
- Clemson
- Emerald

**Common Pest(s):**

Aphids, Whitefly, Stinkbugs, Cutworms

Photos: Creative Commons

[Mydesiredhome](http://Mydesiredhome)

## Growing Information

**Warm Season Plant**

Plant when the last chance of frost has passed. Okra is very drought resistant and prefers hot, dry conditions over wet and cool conditions.

**Ideal Planting Window**

Inland Valley – May

Desert – March

**Growing Guidance**

Okra pods should be harvested young and often - this keeps the plant producing. The pods should be small and tender- about 3-4 inches long for most varieties. Pick the pods at least every 2 days to keep the plant producing. To harvest okra, wear gloves and a long sleeve shirt if the spines can cause skin irritation and itching for some people.

**Further information:**

[Anrcatalog.ucanr.edu](http://Anrcatalog.ucanr.edu)



## Interesting Facts

The okra plant comes from Africa, particularly Ethiopia. It arrived in Louisiana in 1700. The okra plant grows 3-6 feet tall and produces a hibiscus-like flower. Pods should be picked when they are 2-3 inches - longer pods are tough. An okra plant needs to have pods removed at least every other day because new pods grow daily. Okra excretes a slimy mucus that can be used to help thicken soups. It is a popular vegetable in the southern United States. Okra is a great source of soluble fiber, which helps lower blood cholesterol and the risk of heart disease. Okra also contains insoluble fiber which keeps the digestive tract regular.

Okra also goes by the name “gumbo” or “lady’s fingers.” Gumbo is Swahili for okra.

It is in the same family as hollyhock, hibiscus, and certain roses.

Most California commercial okra cultivars are green, ribbed, spineless types. Clemson Spineless, the standard open-pollinated variety, has been grown for over 40 years. It is still used because of low seed cost and wide adaptation.

[Anrcatalog.ucanr.edu](http://Anrcatalog.ucanr.edu)

[Wisconsin Department of Public Instruction](http://Wisconsin Department of Public Instruction)

## Contact Information



**RIVERSIDE COUNTY MASTER GARDENERS**

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## Nutritional Information

### Nutritional Value

One cup (100 grams) of raw okra contains:

**Calories:** 33, **Carbs:** 7 grams, **Protein:** 2 grams, **Fat:** 0 grams, **Fiber:** 3 grams, **Magnesium:** 14% of the Daily Value (DV), **Folate:** 15% of the DV, **Vitamin A:** 14% of the DV, **Vitamin C:** 26% of the DV, **Vitamin K:** 26% of the DV, **Vitamin B6:** 14% of the DV.

[Healthline.com](http://Healthline.com)

### Recipe: Okra Nuggets



#### Ingredients:

2 Cups Okra, cut into 1-inch rounds (you could also use frozen okra that's defrosted)

1 Tsp kosher salt

1/4 Cup flour

1 egg

1/2 Cup cornmeal

1/4 Cup parmesan cheese

**Preparation:** Preheat oven to 400 degrees. Place the flour and salt in a bowl and stir to combine. Whisk the egg in a second bowl. Place the cornmeal and parmesan cheese in a third bowl and stir to combine. Roll the okra in the flour and pat to remove excess flour. Dip the flour coated okra in egg and then roll in the cornmeal/parmesan mixture to coat. Place the okra on a cookie sheet sprayed or greased with olive oil and when all the okra nuggets are on the tray, spray again to lightly coat. Bake for 15 minutes or until golden. Serve.

[Weelicious](http://Weelicious)