



Nichols Garden Nursery

1190 Old Salem Rd. NE

Albany, OR 97321

Phone: 1-800-422-3985

NicholsGardenNursery.com



Herbs, Seeds & Goods
For the Gardener Cook

Serving Home Gardeners
For 65 Years

OKRA - *Abelmoschus esculentus*. A member of the mallow and hibiscus family. Keep okra well picked to maintain production. If mature seeds form, plant growth and production slows down. Thrives in areas of moist summer heat; a challenging crop in the Pacific Northwest. Edible flowers need to be cooked.

Planting Recommendations: Plant seed 1" deep in sterile seed starting mix, 5-6 weeks before last frost. Maintain soil temperature of 80-95°. Transplant into garden when soil stays 75° or warmer, space plants 12" apart in loose, well prepared soil. Soil should be amended with compost or a general garden fertilizer. Direct sow only in warm regions and in cooler areas plants benefit from use of a garden blanket until weather warms sufficiently. Although pods grow 6-7", pick younger and regularly to prolong the bearing season. Pods are best when only 3 to 5 days, left any longer and they become tough. Pick every other day to be sure pods are not overly mature.

History: Okra supposedly originated in Ethiopia, the mountainous or plateau portion of Eritrea, and the eastern, higher part of Sudan. Okra has been found growing wild in Ethiopia and along the Nile suggesting that it truly originated in this area. From this area it was carried Arabia and India. It was probably brought to the United States by French colonists to Louisiana in early 1700. Thomas Jefferson indicated it was being grown in Virginia before 1781. By 1806 several varieties of Okra were being grown.

Planting Info:

Planting Depth: 1 "

Germination Temp: 80°- 95°

Days to Germinate: 5-14

Growing Soil Temp: 70°- 90°

Spacing: 12"

Planting Location: Full Sun

Seed Notes:

Seeds per ounce: Approx. 400-500

Seeds per gram: Approx. 14-18

4 gram pkt plants 7 to 10 ft.—1 oz. plants 50 to 70 ft.

FRIED OKRA

1 lb. fresh okra
2 cups buttermilk
1 cup self-rising cornmeal
1 cup self-rising flour
1 tsp. salt
1/4 tsp. ground red pepper
Vegetable oil
1/4 cup bacon drippings

Cut off and discard tip and stem ends from okra; cut okra into 1/2-inch-thick slices. Stir into buttermilk; cover and chill 45 minutes. Combine cornmeal and next 3 ingredients in a bowl. Remove okra from buttermilk with a slotted spoon, and discard buttermilk. Dredge okra, in batches, in the cornmeal mixture. Pour oil to a depth of 2 inches into a dutch oven or cast-iron skillet; add bacon drippings, and heat to 375°.

OKRA TOMATO SOUP

4 tbsp butter
1 tbsp lard or olive oil
1 small onion, diced and dusted with flour
1 garlic clove, minced
2 tbsp finely chopped flat leaf parsley
1 sprig fresh thyme
1 tsp salt-1/2 tsp black pepper
1/2 tsp red pepper flakes
4 cups beef, chicken or vegetable **broth**
3 cups water
3 1/2 cups fresh tomatoes, peeled and diced
2 cups fresh young okra cut into small, thin pieces
2 cups cooked rice, kept hot or warm, In a Dutch oven, heat the butter and lard or olive oil until melted. Add the onion and finely chopped parsley and gently cook until onion is translucent. Add the garlic and cook for a minute more till fragrant. Add the thyme, salt, black pepper and red pepper flakes and cook for another minute. Add the broth, water and tomatoes and simmer for 30 minutes. Add the okra and cook for another 20-25 minutes, or until tender. Serve over warm rice.