



Okra

Plant: Soak okra seeds in warm water for twenty-four hours before planting and keep the soil temperature at 75°F or above. Soil should be fertile and high in potash. Transplant okra in a sunny location after last the frost. Space 1-2' apart in rows 2' apart. Row covers or plastic mulch will encourage early pod set. Okra is a tropical plant therefore requiring warm weather conditions.

Grow: Okra should be sown late in the spring or early summer when the ground is warm. Okra should then be thinned so the plants are spaced 12 to 18 inches apart. Keep moist and fertilize well.

Harvest: Okra is a tall and attractive plant; okra grows very quickly and should be harvested frequently while it is still tender. Harvesting every few days will prevent toughness. For most tender and flavorful quality, harvest okra when pods are 3-4" long and cook as soon as possible. Pick okra on a weekly basis to encourage continual fruit set.

Nutrition Facts	
Serving Size 7 (3 inch) pods (83g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 2g	
Vitamin A 6%	• Vitamin C 30%
Calcium 6%	• Iron 4%

Nutritional Information:

Okra is fat free, cholesterol free, very low sodium, low calorie, an excellent source of vitamin C, and a good source of folate, magnesium and fiber.

How to Prepare:

For best cooking results, okra should be fresh (not frozen). The pods should be small (3 inches or so long), or the okra becomes tough and stringy. If forced to use frozen okra, remove as much of the moisture as possible before cooking by spreading on a paper towel, or patting it dry after it thaws, etc. Okra is great vegetable in soups, stews and gumbos.



Okra & Chickpea Tagine

Yields: 6 servings

Serving size: 1/6 of recipe

Ingredients

- 1 pound fresh or frozen okra, stem ends trimmed, cut into 1/2-inch pieces
- 10 sprigs fresh cilantro, plus more leaves for garnish
- 2 tablespoons extra-virgin olive oil
- 1 red bell pepper, finely diced
- 1 medium onion, finely diced
- 3 cloves garlic, minced
- 1/2 teaspoon ground ginger
- 1/2 teaspoon freshly ground pepper
- 3 plum tomatoes, diced, or 1 cup drained canned diced tomatoes
- 1/2 cup vegetable broth, or reduced-sodium chicken broth
- 3/4 teaspoon ground cumin
- 1 15-ounce can chickpeas, rinsed
- 3/4 teaspoon salt
- 1 teaspoon harissa, or hot sauce, or to taste

Preparation

1. Place a large bowl of ice water next to the stove. Bring a large saucepan of water to a boil. Add okra and cook for 2 minutes. Transfer the okra with a slotted spoon to the ice water. Drain.
2. Tie cilantro sprigs together with kitchen string.
3. Heat oil in a tagine dish set over a heat diffuser or a large saucepan over medium-high heat. Add bell pepper. Cook, stirring, until soft, 2 to 5 minutes. Transfer to a bowl with a slotted spoon.
4. Add onion, garlic, ginger and pepper to the pan. Cook, stirring, until the onion is soft, 3 to 6 minutes. Mix in tomatoes, broth, cumin, the okra, cilantro sprigs and half the bell pepper. Reduce heat to medium; partially cover. Cook, stirring occasionally, until the okra is soft, 10 to 15 minutes. Stir in chickpeas and salt; cook for 4 minutes. Remove from the heat; discard the cilantro sprigs. Stir in harissa (or hot sauce). Serve sprinkled with the remaining bell pepper and cilantro leaves, if desired.

Nutrition Facts per Serving:

136 calories, 6 g fat, 20 g carbohydrates, 7 g fiber, 5 g protein