

Okra

Okra is a member of the malvaceae family of plants.

Okra is the edible seedpod of the okra plant. The pods develop from beautiful hibiscus-like flowers on the plant. Okra can be eaten raw or cooked and can act as a thickener for soups.

Okra pods can be round or star shaped, and their color can be green or burgundy red. Once the pods form, they grow in length very quickly. For the best flavor and texture, it's important to harvest them before they grow too large.



References and links to more information:
<https://extension.uga.edu/>
<https://bit.ly/3EkDPgq>

Okra grows well in Georgia's hot climate and is in season in Georgia from around May through October

Habersham and Hall counties are the top two okra producing counties according to Georgia's 2019 Farm Gate Report

There are 7 varieties of okra that grow well in Georgia for canning, freezing, and fresh consumption

Georgia shrimp paired with Georgia okra makes for a delicious shrimp gumbo



Georgia Department of Education School Nutrition