

# What can a garden grow?



## okra

Okra, known in many English-speaking countries as ladies' fingers or ochro, is a flowering plant in the mallow family. It is valued for its edible green seed pods. The geographical origin of okra is disputed, with supporters of West African, Ethiopian, and South Asian origins. The plant is cultivated in tropical, subtropical and warm temperate regions around the world.

For more info: <https://en.wikipedia.org/wiki/Okra>.

### How to grow Okra?

Choose your sunniest spot for growing okra, and wait until the weather is warm to set out your plants. Plants like it when nights are at least in the 60s and days 85 or warmer. In the North, gardeners might wait until late June to plant, since pods appear within 2 months.

Okra grows best in soil with a near-neutral pH between 6.5 and 7.0, although it will do fine in a pH as high as 7.6. Plants benefit from a generous amount of compost or other rich organic matter, which should be thoroughly mixed into the soil before planting.

Okra seedlings have fragile taproots that you need to be careful not to damage. Thoroughly water your seedlings an hour before you plant them. Gently remove them from the pot, separate the seedlings, and set them about 10 inches apart, plant slightly deeper (about 1/2 inch) than they grew in their pots. Water the little plants if rain is not expected, but wait a few days before mulching to give the soil a chance to absorb the sun's warmth. Okra is appreciated for its ability to withstand drought compared to other vegetables, but for good growth and production, you'll need to water at least an inch a week, just as with other vegetables. Just know that if you run into an extended dry period and can't seem to water enough, okra will be the last to suffer.

The early growth of okra is often slow, but the plants grow much faster once summer starts sizzling. In addition to gaining height, okra's leaves get bigger as the plants grow and begin producing yellow blossoms followed by tender pods. Plants are erect with a main trunk, making them look a little tree-like in the garden.

For more info: <https://bonnieplants.com/growing/growing-okra/>.

### How to cook Okra?

Okra is a signature Southern ingredient whether fried, pickled, or grilled. Savor this veggie with some of our favorite okra recipes. Whether fried, pickled, or grilled, no other vegetable tastes quite like okra. Every Southerner has their favorite okra dish, and we've rounded up the best okra recipes we could find to showcase this traditional Southern veggie.

For more info: <https://www.southernliving.com/food/10-best-okra-recipes>.

