

Okra





SHOPPER'S TIPS

- Look for small pods that are dry, firm, medium to dark green in color, and free of dark spots.
- Avoid pods that look shriveled or moldy. Dark tops are a sign that the okra has been in storage too long.

FUN FACTS!

- La okra came from Northeast Africa near Ethiopia.
- When okra pods are cut, they leak a sticky juice that is excellent for thickening soups and stews.

WHAT IS IN IT FOR YOU?

One cup of okra slices is:

- An excellent source of vitamin K, vitamin C, and folate.
- A source of magnesium, fiber, thiamin, and vitamin B6.

SERVING IDEAS

- Sauté whole okra pods with onions and tomatoes for a quick dish.
- Instead of deep frying okra, soak okra slices in buttermilk and roll in cornmeal. Bake okra slices on a lightly oiled pan at 450°F for 30 to 40 minutes until crispy.

PEAK SEASON

California grown varieties, available from summer to mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store in a paper bag for up to three days in the refrigerator.