
Selection

When buying okra, be sure it is only 2-3 inches long. The pods get tougher as they increase in size.

Pods should be firm and a bright green. Avoid any pods that are soft or damaged.

To best preserve okra you need to blanch it then freeze it, this will preserve all the nutrients that it has.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Wash produce before using or cutting.
 - ◆ Okra will keep for a week if stored correctly.
 - ◆ Refrigerate unwashed, okra pods in the vegetable crisper. Wrap them in loosely perforated plastic bags and only keep for 2-3 days.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ Buying local keeps farmers on the land and producing food for everyone.
 - ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles!
 - ◆ You are making a healthy choice for you and your family.
 - ◆ When you spend money locally, it helps to keep small businesses open and builds up your community.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Okra

Quimbombo

Uses

Okra produces a unique juice (mucilaginous) that is responsible for thickening in gumbo dishes. Besides gumbo, okra compliments tomatoes, onions, corn, shellfish, and fish stock. The taste of okra is subtle and very similar to the flavor of eggplant.



Okra and Tomatoes

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ Good source of Vitamin C
- ♦ Good source of Iron

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Primary Sources: Illinois Extension; University of Maryland Cooperative Extension; Photos found on Google images

Try It!

Okra and Tomatoes

INGREDIENTS

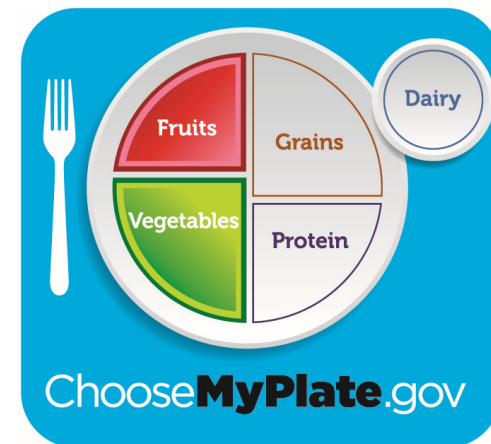
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|----------|--------------------------|
| 2 pounds | Fresh okra |
| 1/2 cup | Olive oil |
| 1 large | Onion |
| 5 large | Tomatoes |
| 3 cloves | Garlic, halved |
| 1 tsp. | Sugar |
| | Salt and Pepper to taste |
| 1 Tbsp. | Lemon juice |

INSTRUCTIONS

1. Wash okra and cut off any hard stems. Blanch in salted water for 3 minutes.
2. Heat olive oil. Add onion and cook until translucent.
3. Add okra and cook until it begins to soften.
4. Add tomatoes, garlic, sugar, salt and pepper. Cook 2-3 minutes.
5. Pour in enough water to cover. Cover and simmer about one hour, or until okra is tender.
6. Stir in lemon juice. Serve hot.

Yield: 4 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Okra originated in the Abyssinian center of origin which includes present-day Ethiopia, the mountainous portion of Eritrea, and the eastern part of Anglo-Egyptian Sudan.

Okra was taken into Egypt and from Arabia, okra was spread over to North Africa, completely around the Mediterranean and eastward. Okra reached India after the beginning of the Christian Era. Okra was introduced to the U.S. by French colonists in the early 1700's in Louisiana.