

A photograph of several okra vegetables on a dark wooden surface. One okra is sliced into rounds and placed in a small wooden bowl on the right side of the image. The okra is green with a bumpy texture, and the slices show the internal white seeds.

OKRA

How to store:

Place okra in breathable container in the top part of the fridge for 3-5 days.

How to prepare:

Okra can be eaten raw, steamed, sauteed, grilled, roasted, fried, or pickled. Okra is most flavorful when it is between 1-3 inches.

Use it up:

Make an okra and tomato dish, gumbo, or add to a grain salad.

Find in your summer CSA share!