



Okra (or Bhindi as its called in India) is a very popular vegetable in India. This

1. Spacing of the Okra Plants The instructions said to plant the seeds about 12-14 inches apart (but we, re

2. Harvest / Pick Everyday After about 7-8 weeks, you will start seeing the first sign
You need to go look at your Okra plant everyday.

3. Okra plants are very itchy - I wish this was in the instructions (which I would have read after 2 lessons learnt). Yes, Okra plants are very very itchy. Sometimes just touching one leaf can give you a pretty strong itch. Given how close our plants were, I had to move some leaves and dig in to pick the Okra and I got a strong itch which lasted a few hours (a little Cortizone cream and a wash helped). Given that its summer time, most of us would not wear long sleeves, but please wear long sleeved shirts or gloves and make sure your face does not touch it. This is probably the most important tip. Okra plants are very itchy, so make sure you are well covered.

4. Okra plants are very generous - Once the plants grow and the pods start to form, you will be amazed how much Okra you will get. With about 4 plants, we could harvest enough in a week to make something with it.

Lesser known facts about Okra :

- Gumbo is Swahili for okra.
- It also also called Lady's finger in some countries.
- Okra seeds may be roasted and ground to form a caffeine-free substitute for coffee.

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Overall, its been fun growing Okra this summer. I never had a Green thumb but I certainly do have an itchy thumb now.

Disclaimer : I am not a farmer or claim to be any expert on growing Okra or any other vegetables for that matter.