

God gave us...



*Plant a Seed! Feed a Soul!*

# “Okra” (Abelmoschus esculentus)

Planting depth: ¾”-1”    Apart in row (after thinning): 12”-24”    Distance between rows: 34”-36”    Approximate days until germination: 7-14 days

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## ♥ Let's grow...

Plant okra seeds ¾”-1” deep in a sunny area of your garden. It takes about 7-14 days for the seeds to sprout into seedlings. Seedlings are new plants grown from seeds.

## ♥ Taking care of God's creation...

It is important not to water okra seedlings too much and to keep your garden free of weeds. Thin the seedlings to 12”-24” apart. Okra should be picked about 5-6 days after the flowers appear when they are about 4” long and still tender.

## ♥ Eat your okra...

First grown in Africa, okra is a good source of vitamins needed for healthy bodies. You can show God's love to others by sharing the good food he has given us to eat.

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“Then God said, “Let the land burst forth with every sort of grass and seed-bearing plant”.

Genesis 1:11