

GROWER'S FACTS

W.H.PERRON 

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CULTURAL PRACTICES: plant okra seeds in the garden after the last frost in warm soil. To facilitate germination, soak seeds in water a few hours before planting them.

SOIL: rich in organic matter, drained and deep.

SPACING: transplant them out of the wind after the last frosts, spacing the plants 50 cm in all directions.

GROWING TIPS: it is a greedy vegetable that likes rich soils just like cucurbits. Okra requires a lot of water, be sure to keep its root ball always moist.

HARVEST: harvest every two to three days. Okra is rich in protein. Don't hesitate to add it to salads, soups and stews.