

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

♥ 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.

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

Genesis 1:11