

Louisiana HARVEST *of the* MONTH



Okra

Fun Facts:

- Okra's flowers open for one day only and show a striking similarity to one of its relatives — the hibiscus.
- The inside of okra pods contains a sticky substance, called mucilage, that helps thicken soups and stews such as gumbo.
- Okra is botanically a fruit, not a vegetable. It develops from a flower and contains seeds, just like tomatoes and cucumbers.



Nutrition Facts:

- Okra is rich in vitamin C, folate and other B vitamins that support your immune system and energy levels.
- Okra is also full of fiber and antioxidants, which help with digestion and support overall wellness.
- Okra is rich in potassium, calcium and magnesium, which support heart and bone health. It's also low in fat and calories.



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