



# Getting to Know Okra!



## Okra Nuggets Recipe

### Ingredients:

- 2 cups of fresh okra, cut into 1 inch rounds
- 1 teaspoon of kosher salt
- 1/4 cup of flour
- 1 egg
- 1/2 cup of cornmeal
- 1/4 cup of parmesan cheese



### Instructions:

1. Preheat the oven to 300 degrees.
2. Combine the flour and salt in a small bowl.
3. Whisk the eggs in a separate bowl.
4. Mix the cornmeal and parmesan cheese in another separate bowl.
5. Roll the okra in the flour and pat to remove any excess flour.
6. Dip the flour-coated okra in the egg, and then roll in the cornmeal and parmesan cheese mix to coat.
7. Place the coated okra on a greased cookie sheet.
8. Bake for 15 minutes, or until the nuggets are golden, and enjoy!

Adapted from <https://weelicious.com/okra-nuggets/>

## Write an acrostic poem about okra!

Instructions: Think of words or phrases that describe okra. Place your brainstormed words or phrases on the lines that begin with the same letters.

**O** \_\_\_\_\_

**K** \_\_\_\_\_

**R** \_\_\_\_\_

**A** \_\_\_\_\_

## Ways to say 'Okra' around the World

秋葵  
cheew-qoy  
Chinese  
(China)

dongódongó  
don-gó-don-gó  
Lingala  
(Congo region of  
Africa)

بامية  
Ba-mee-ya  
Arabic  
(Middle East)

đâu bắp  
dough-baa  
Vietnamese  
(Vietnam)

ओकरा  
Oo-krra  
Hindi  
(India and  
South  
Asia)

ওকরা  
O-kara  
Bangla  
(Bangladesh)

μπάρια  
Bam-ya  
Greek  
(Greece)



kingombo or  
ngombo  
king-gombo or  
na-gombo  
Bantu  
(Central and  
East African  
Countries)

òkùrù  
ok-wu-ru  
Ibo  
(Nigeria and  
parts of West  
Africa)

오쿠라  
Oo-koo-ra  
Korean  
(South Korea)

gombo  
gom-boo  
French  
(France and  
parts of  
Africa)

la ocrá  
&  
quingombó  
Spanish  
(Latin and  
South  
America)

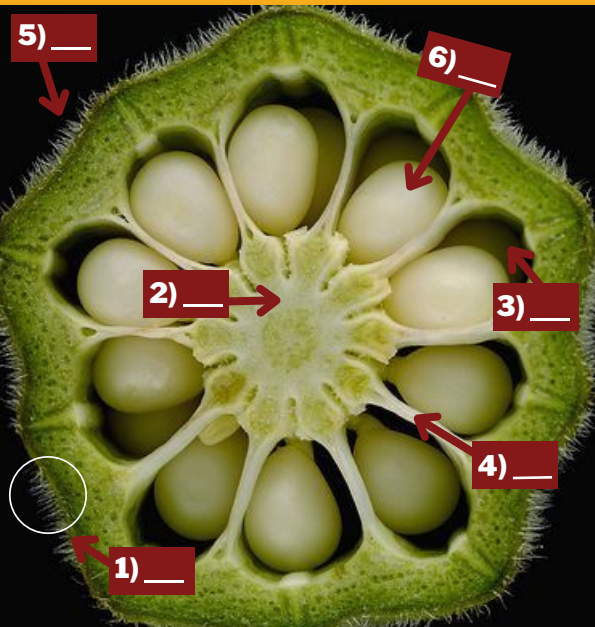
# Label the Parts of Okra!



Answers: 1.b; 2.c; 3.a; 4.e; 5.d

## Parts of the Okra Plant

- A. Flower - This is a beautiful part of the okra plant. When pollinated, it develops the seed pod.
- B. Bud - This is what the flower looks like when it starts to form, before it blooms.
- C. Seed pod- This is the 'fruit' of okra. It is what we eat and is full of seeds.
- D. Stem- This is the structure that supports the okra plant.
- E. Leaves - The leaves capture sunlight to make food for the plant.



## Parts of the Okra Fruit Cross-Section

- A. Seed- This is used to plant okra. It has lots of vitamins and minerals!
- B. Locule- These are long rows within the okra pod that contain stacks of seeds.
- C. Septa- This is a thin layer that separates each loculi from one another.
- D. Skin- This protects the okra pod from the outside.
- E. Mesocarp- This is the middle region of the okra pod that where all of the septa connect and therefore bring the loculi together.
- F. Tricoma - This is known as the 'fur' of an okra plant.

Answers: 1.f; 2.e; 3.b; 4.c; 5.d; 6.a