

OKRA



- Okra is also known as 'Ladies Fingers' or 'Bhindi'. It's not easy to find okra in UK supermarkets, and it certainly isn't cheap to buy either.
- It is believed to have originated in Ethiopia, and is a frequent ingredient in African, Middle Eastern, Asian and Southern US cookery. It works particularly well in soups, stews and curries.
- In the UK it is best grown under glass, or in large pots on a hot, sunny patio, sheltered from the wind. The hotter the growing conditions, the better the plant will crop.
- The plants grow to 3-4ft in height and will need supporting with canes. If you pinch out the tops they will grow bushier, but make sure the pot doesn't overbalance.
- Once flowers have started to form, the plants should be fed with a high potassium feed (tomato food is perfect for this). The plants need very regular watering, but don't leave them sitting in a puddle, and try to use tepid water instead of very cold water.
- The fruit are best picked when they're 5 - 10cm long, as they can get tough and stringy if left on the plant too long. The more often you pick the fruit, the more it encourages the plant to keep producing flowers, and then more fruit will follow.

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