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# EMMOTT ST OKRA

“Okra”

*Abelmoschus esculentus*



**DESCRIPTION:** Common in stir fries or as part of a green salad. The main ingredient of “Gumbo”. Heat & drought tolerant. Seeds benefit from soaking overnight prior to planting.

**HISTORY IN THE REGION:** Grown by Caroline & Phyllis in Moruya from 2012.

**SOW:** Direct in Spring

**SPACING:** 40cm

**SIZE:** 100-150cm

**SEED COUNT:** 50ish