

Okra



Okra is a very good source of Vitamins A, C and K.

They also contain important minerals like iron, calcium, manganese and magnesium.



Okra is locally grown here in Hawaii.

This is a pod vegetable, so the seeds are found inside the okra itself.



The okra plant can grow up to 2 meters tall. They thrive in hot weather and need to be watered regularly.

