

# LADIES FINGER / OKRA SEED SAVING

---

Often referred to as lady's fingers, okra is popular vegetable in the south of India (where it is mostly used in dry curries). The inside of an okra pod has a somewhat gooey texture and is full of edible, creamy seeds. When cooking, okra exudes a glutinous juice which thickens sambar & stews.

Okra plants easily cross-pollinate so if you are planning on saving seed from your plants it is best to plant just the one variety - otherwise the resulting seedlings will not grow true to the parent plant.

When harvesting Okra pods for culinary use they are best picked before they get any bigger than 3 inches long. If they are left to grow any larger they will begin to give off an unpleasant woody flavor together with a rather unpalatable texture. However, if you want to collect seed from them it is best to allow the pods to get as big as they can show in Pic1



PIC 1

Either pick them off the stalk so that they can be dried off indoors or allow the pods to dry off naturally on the plant before harvesting. I follow the later i.e. let the pods dry off naturally on the Plant, Usually I let the final harvests dry off on the plant for seeds harvest.



PIC 2

Allow pods to dry on the plants until they begin cracking, then split open to remove seeds and finish drying. Okra produces a high percentage of 'hard seed' (seeds with seed coats which are not readily permeable to water) and can be slow to germinate after thorough drying or long storage. For best germination, soak okra seeds overnight before planting to give hard seeds time to imbibe water.





PIC 3

Okra seeds can be stored for up to 4 years, So how cool is that 😊 - Happy Seed Saving..