Okra is an edible seed pod, grown in tropical and warm temperate regions. The fully edible seed pods are long and pointy, with a peach-like fuzz on the outside. They are mild in flavor and high in soluble fiber, making them a useful thickener for stews, soups, or other dishes. They are a very healthy addition to any dish, as they are also high in a wide range of vitamins and minerals.

**Cooking**
Okra is great stewed, pickled, raw, steamed, grilled, or roasted. Look for crispy pods if eating raw or pickling, and use softer, more ripe pods for cooking. When slow-cooked with liquid, okra will release soluble fiber and act as a natural thickener. Before eating, trim the stem from the top. Larger okra can even be stuffed and baked or fried, like jalapeño poppers!

**Storage**
Wash, dry, and keep okra wrapped in a paper towel in the crisper drawer. Fresh okra should be used or frozen within 5 days. To freeze, trim, wash, and pre-cut okra, then freeze in an airtight bag or container for up to 6 months.
Simple Summer Succotash

Serves: 6  Time: 30 minutes

Ingredients:
• 2 cups (10 oz) fresh, canned or frozen Lima beans
• 2 tbsp oil (vegetable or olive)
• 1 small onion, chopped
• 1 cup (4 oz) fresh or frozen okra, cut into 1/2-inch thick slices
• 1 garlic clove, finely chopped
• 3 cups (about 4 ears) fresh or frozen corn kernels
• 3 tbsp butter or olive oil
• 1 cup cherry tomatoes, halved (or canned diced tomato, lightly drained)
• 1/4 cup thinly sliced fresh basil (or 1 tbsp dried)

Directions:
1. Place Lima beans in a medium saucepan and add water to cover. Bring to a boil over medium-high. Reduce to medium-low, and simmer until beans are just tender (8-10 minutes if fresh or frozen: 4-5 minutes if canned). Drain and set aside.

2. In a large skillet, heat 2 tbsp oil over medium. Add onion, okra, and garlic, and cook, stirring often, until onion is tender, about 6 minutes.

3. Stir in corn and Lima beans, season with salt and pepper to taste. Cook, stirring often, until corn is tender, 5-6 minutes. Stir in butter and cook 1 minute more, or until melted. Remove from heat.


Quick Tips:
• If using canned or frozen vegetables, add a splash of lemon juice to brighten the flavors.
• Top with a little crumbled bacon, Parmesan cheese, or sunflower seeds for extra crunch.
• Can’t find Lima beans? Use green beans instead! Cut to bite size and reduce simmering time to 5-6 minutes.