



Child Nutrition Program September 2021 Harvest of the Month Recipe

Lemon Garlic Okra



This is a quick, easy dish with simple ingredients that is big on flavor! Pair with grilled chicken, fish or shrimp for a healthy and delicious weeknight dinner.

Ingredients

- 12 ounces okra, frozen, patted dry or fresh,
- 1/2 a pint of cherry tomatoes
- 1 1/2 Tbsp. Olive Oil
- 1 Tbsp. lemon juice
- Zest of 1 Lemon
- 1/2 tsp. salt
- 1 tsp. garlic, minced
- Black pepper to taste

Optional:

1/4 cup of parmesan cheese

Directions

1. Defrost okra, if using frozen and drain any excess water.
2. If using fresh okra, slice into coins. Set aside.
3. Wash cherry tomatoes and cut into quarters. Set aside.
4. Heat a large skillet with 1 Tbsp. olive oil over medium high heat. Add the minced garlic and sauté until fragrant. About 30 seconds.
5. Add the Okra and sauté for 3-4 minutes.
6. Add the cherry tomatoes and sauté for 2-3 minutes
7. Add in the lemon juice, lemon zest, salt and pepper to taste. Stir gently. Remove from heat.

Tip: Before serving, sprinkle with shredded parmesan cheese.





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Okra

Varieties



Hill Country Red

This beautiful red okra is available during the summer and fall. The pods are firm, but tender and have a traditional okra taste.



Silver Queen

These okra pods are so light green the sometimes look silvery white. These okra have a rich flavor and tender texture.



Louisiana Green Velvet

These okra pods can grow up to 8", but taste best when they are about 4" in size. They are medium bright green and are perfect for pickling.

Fast Facts

Okra comes in two colors- Red and Green!

The red and green both taste the same, and the red okra turns green when it's cooked!

Cooking Okra with acidic ingredients like lemon, tomatoes, or vinegar can help cut down on it's famous slimy texture.



Okra seeds can be brewed like coffee! Once the seeds have dried, you can grind and brew like coffee. The taste is similar to coffee and is caffeine-free.

In other parts of the world you might Okra called another name - Lady's fingers! This is because of it's long, slender shape.

IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 9 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park

IDEA Eastside
IDEA Quest
IDEA Horizon Vista

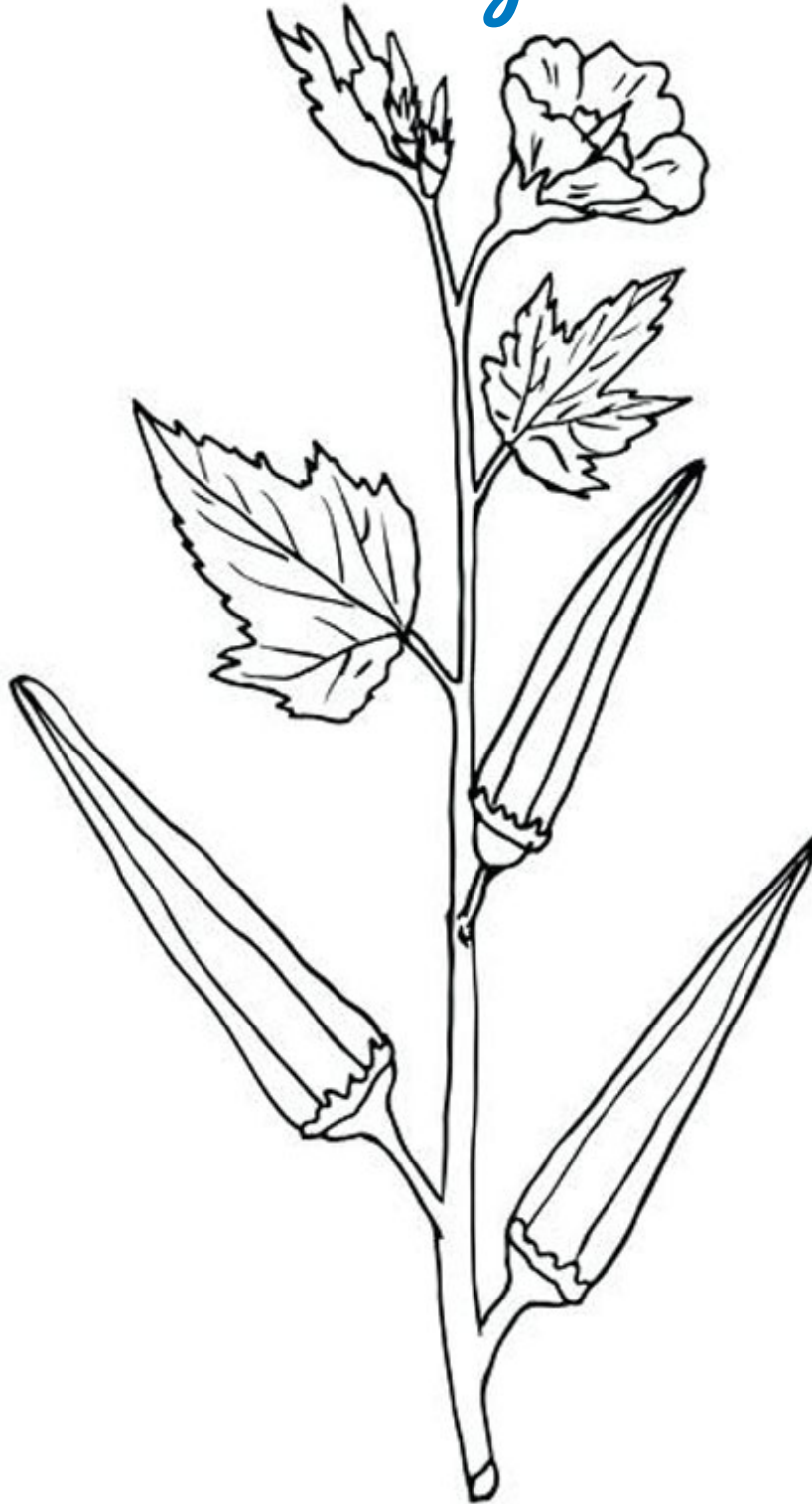




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Okra Coloring Activity





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Okra Word Search

Directions:

Find the OKRA related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

COUNTRY
HILL
OXIDATIVE
RED

GREEN
LOUISIANA
POLYPHENOLS
SILVER

HEALTHY
OKRA
QUEEN
VELVET

B	S	E	N	Z	K	I	Y	O	G	L	G	R	D	H
V	E	L	V	E	T	P	N	J	P	X	S	D	E	M
A	K	O	V	F	P	B	S	J	K	M	Z	A	I	B
J	F	S	E	N	F	R	N	K	K	Q	L	N	O	A
Q	J	P	B	V	J	E	Q	N	J	T	A	X	D	O
Q	D	W	G	N	I	F	B	R	H	S	N	C	I	V
I	N	E	A	W	H	T	W	Y	D	Q	A	K	J	A
D	N	H	R	I	H	O	A	H	W	T	I	Q	U	L
S	G	I	L	C	F	E	O	D	I	O	S	U	S	W
Q	I	L	D	H	C	D	K	M	I	B	I	E	F	E
Y	R	L	I	Y	X	N	R	T	R	X	U	E	Z	N
T	G	R	V	Y	T	J	A	A	N	B	O	N	E	I
S	L	O	N	E	H	P	Y	L	O	P	L	E	L	S
P	S	Y	S	Y	R	T	N	U	O	C	R	D	N	K
L	T	H	S	H	H	X	N	X	V	G	F	P	Y	D



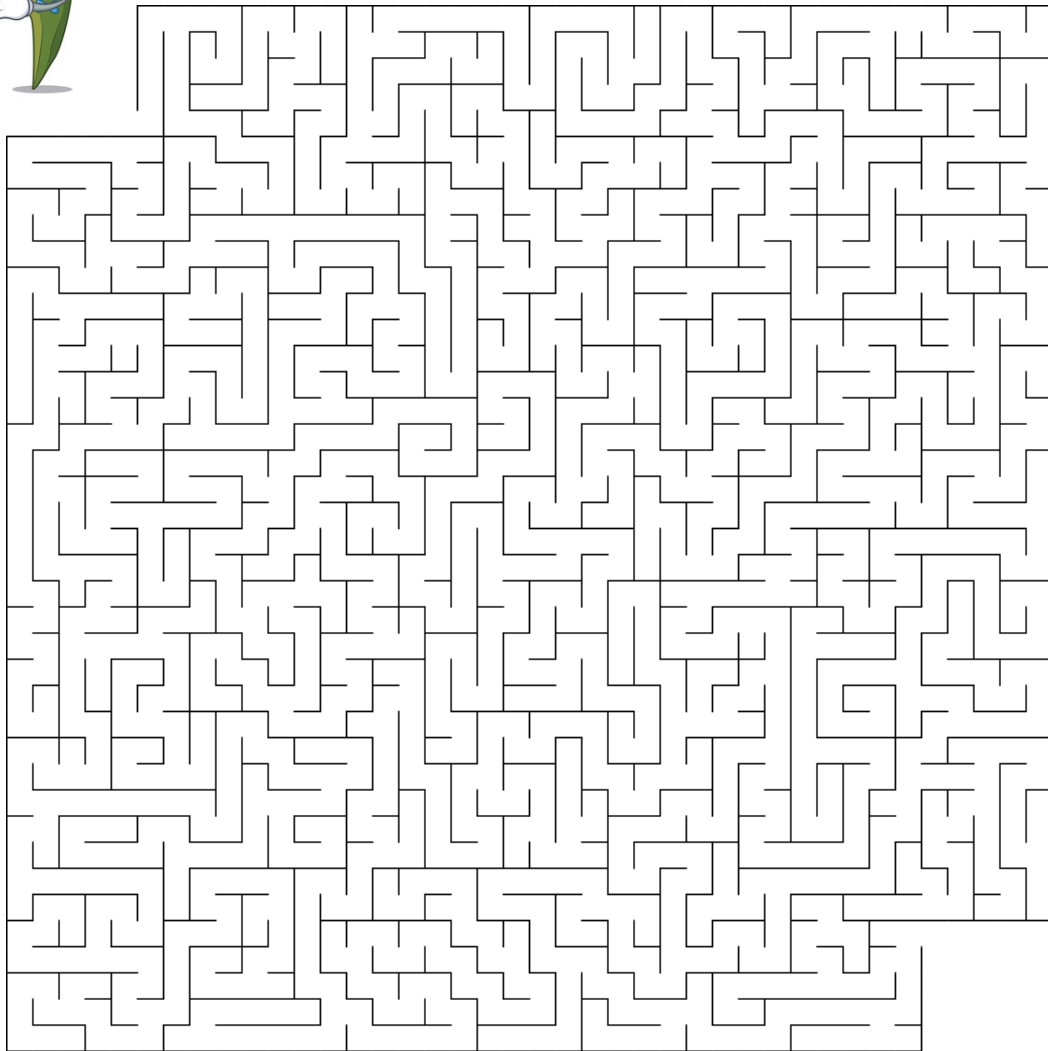
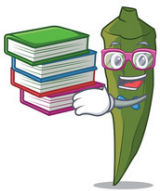


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Okra Maze

Directions:
Help Orly Okra find his way to his friends!





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Okra Word Scramble

Directions:

Unscramble the Summer Squash Related Words!

Scrambled Word

Unscrambled Word

1. KARO

2. ESAHTVR

3. REBPSTEME

4. LIUODIESC

5. RICIUOUTNS

6. VELVTE

7. SIINSOAULA

8. RDE

9. IHLL

10. RNOTUCY

11. OGWR

12. INSAAIDOTTXN

13. ENREG

14. PHLNOSEPYLO

Answer Key

14. POLYPHENOLS
13. GREEN
12. ANTIOXIDANTS
11. GROW
10. COUNTRY
9. HILL
8. RED

7. LOUISIANA
6. VELVET
5. NUTRITIOUS
4. DELICIOUS
3. SEPTEMBER
2. HARVEST
1. OKRA

