



TRY THE SEPTEMBER HARVEST OF THE MONTH!

Same plant
family as
hibiscus

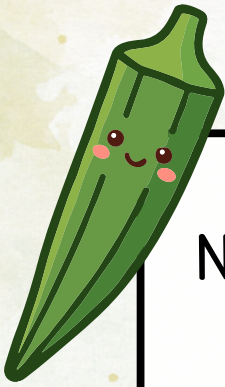
Excellent source of
Vitamin C that
supports our
immune system



Contains Folate,
which helps support
healthy cell growth

Contains a natural
gel called mucilage,
which helps thicken
soups & stews

OKRA

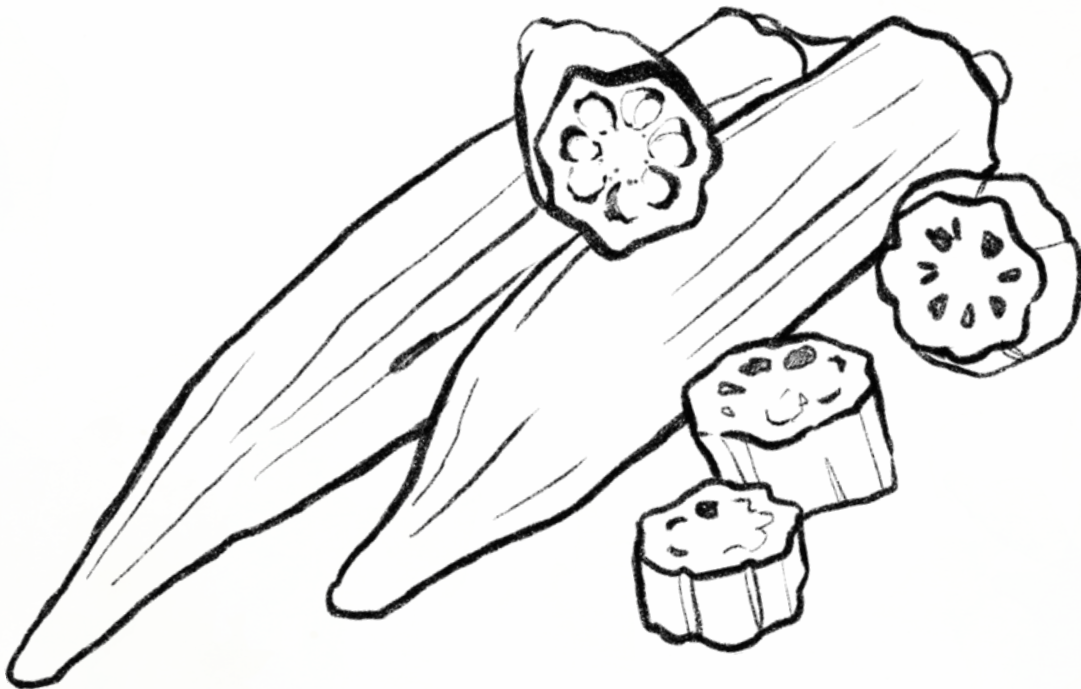


Coloring Activity



Name: _____

OKRA



Okra is enjoyed around the world in dishes like gumbo, stir-fries, curries, and soups.



OKRA

Find the way to the Okra.

Start Here



Name: _____

Name: _____



SEPTEMBER HARVEST OF THE MONTH WORD SEARCH

Find the words hidden in the wordsearch below!

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

- FIBER
- HARVEST
- PLANT
- STEW
- FOLATE
- MUCILAGE
- POD
- SUN
- GUMBO
- OKRA
- SOUP
- VITAMIN



Name: _____

SEPTEMBER HARVEST OF THE MONTH WORD SCRAMBLE

Instructions:
Unscramble the Okra Related Words!

Scrambled Word

Unscrambled Word

1. REIBF

2. TSREHVA

3. TNAPL

4. EWTS

5. LATEFO

6. LAGECUMI

7. DOP

8. UNS

9. BOMUG

10. ARKO

11. POUS

12. MINATIV

ANSWER KEY

12. Vitamin
11. Soup
10. Okra
9. Gumbo
8. Sun
7. Pod

6. Mucilage
5. Folate
4. Stew
3. Plant
2. Harvest
1. Fiber

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SEPTEMBER HARVEST OF THE MONTH FLASHCARDS AND RECIPE

HOM Flashcards

[Click Here for Okra Flashcards](#)

HOM Recipe

[Click Here for HOM Cookbook](#)