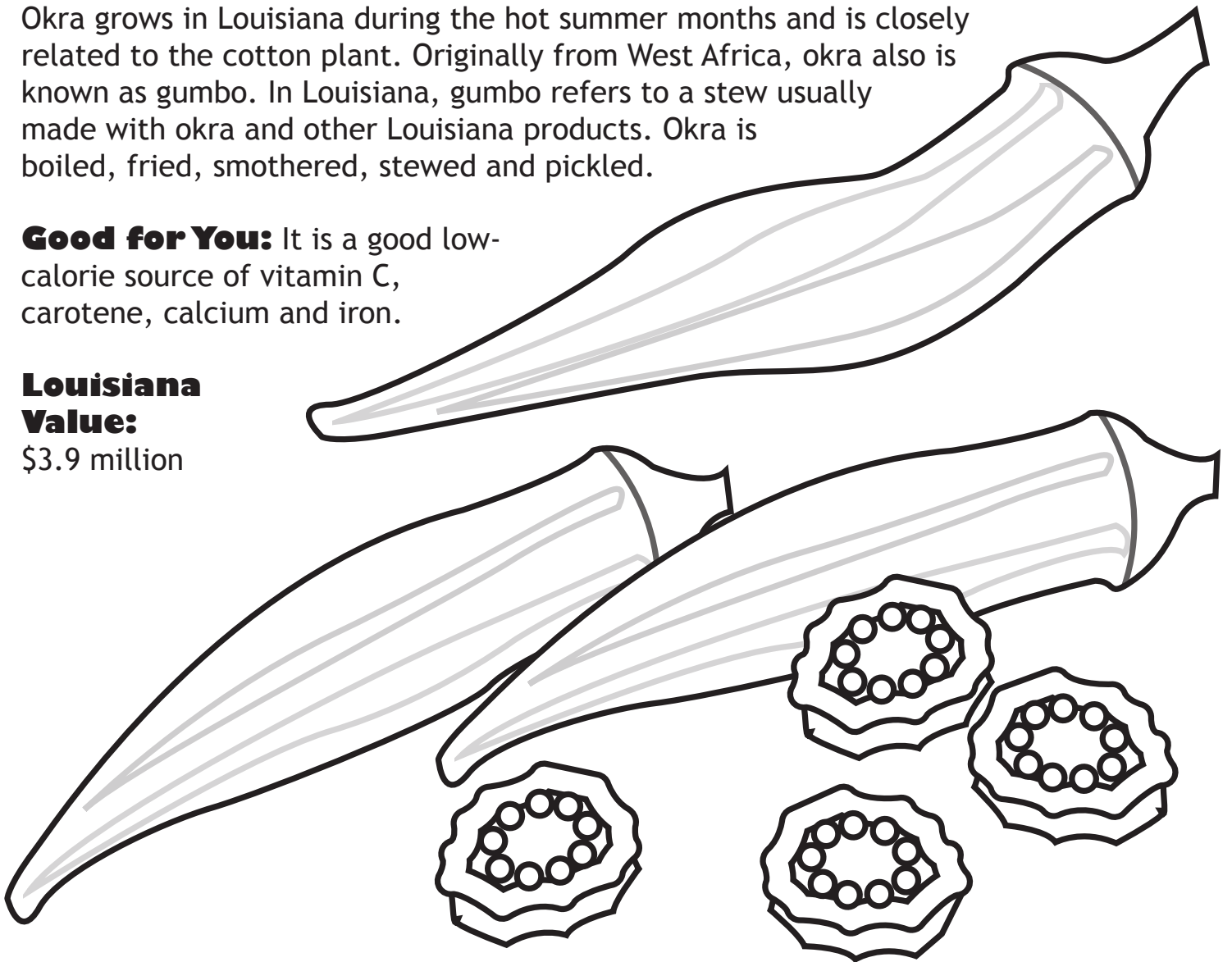


OKRA

Okra grows in Louisiana during the hot summer months and is closely related to the cotton plant. Originally from West Africa, okra also is known as gumbo. In Louisiana, gumbo refers to a stew usually made with okra and other Louisiana products. Okra is boiled, fried, smothered, stewed and pickled.

Good for You: It is a good low-calorie source of vitamin C, carotene, calcium and iron.

Louisiana Value:
\$3.9 million



Word Scramble

Unscramble the letters below to find words that relate to the Louisiana specialty crop, okra. Hint: Read the information on the left to find the words below.

① _____
tswe faaric

② _____
bogmu

③ _____
krao

④ _____
mmresu