

VEGETABLE TO KNOW: OKRA

Did you know that okra is a member of the hibiscus family? Planting okra will brighten your garden with cream and purple blooms and provide you with a tasty vegetable! As a tropical plant, okra thrives in full sun and the heat of summer time.

SOW & GROW

Prepare your soil by thoroughly mixing 2 to 4 inches of compost into the top 6 inches of soil before planting. Okra requires warm weather; direct seed in late spring or summer when the soil is warm and temperatures are above 60°F. To direct seed, soak seeds overnight and sow ½ inch deep every 3 inches in rows at least 2 feet apart and thin to 1 plant every 18 inches. If you are doing square-foot gardening, plant 1 plant for every square foot. Spread straw mulch around okra plants when they are 4 inches tall to keep moisture in and weeds out. Side-dress with compost once a month. Okra will produce after 2 months and continue to produce until the first frost. Harvest pods daily when they are 2 to 4 inches long to prevent them from toughening.

Warning! The pods can be prickly, so wear gloves and long-sleeves when harvesting.

TROUBLESHOOTING

Okra is hardy and drought resistant, but cold spells will stress the plant. Ants are attracted to okra flowers, but do not cause problems; however, fireants will damage developing flowers. Stinkbugs cause misshapen pods; pick them off as soon as they appear. Control for corn earworms, cabbage loopers, aphids, or flea beetles by sprinkling leaves with wood ash or spraying with insecticidal soap solutions. Make sure to treat the underside of leaves too! Fusarium wilt is a soilborne disease that causes leaves to yellow and wilt. Pull and destroy affected plants immediately. Crop rotation is the best preventive measure against fusarium.

NUTRITION

Okra is a good source of Vitamin A, Vitamin B-6, Vitamin C, fiber, potassium and magnesium. One cup of okra contains 33 calories, 7 grams of carbohydrates and 2 grams of protein.

OKRA AND CORN MAQUE CHOUX *from Southern Living*



Time: 30 minutes

8 servings

Ingredients

- ¼ lb. spicy, smoked sausage, diced
- ½ c. chopped onion
- ½ c. chopped bell pepper
- 2 cloves minced garlic
- 3 c. fresh corn kernels
- 1 c. sliced fresh okra
- ½ peeled, diced tomato
- Salt & pepper
- Cayenne pepper (optional)

Instructions

1. Dice sausage and add to a large skillet over medium-high heat. Cook until browned.
2. Add onion, bell pepper and garlic to skillet and sauté for 5 minutes.
3. Add corn kernels, okra and tomato to the skillet. Cook for 10 minutes, stirring frequently. Season to taste with salt and pepper, consider a pinch of cayenne pepper for an added kick!

Photo courtesy of plantsandgarden.com



Mailing address:
PO Box 1742, Columbia, MO 65205

The Urban Farm:
1209 Smith St., Columbia, MO 65201

Office: 1007 N. College Ave. Suite 1
Columbia, MO 65201

Phone: 573-514-4174

ColumbiaUrbanAg.org
Food Is Good!



FOOD IS GOOD - FOR BUTTERFLIES TOO!

Butterfly Feeder

Attract some butterflies to your garden with a feeder! Butterflies make beautiful guests, and they're helpful, too. These bugs are important pollinators. Some species even attack aphids, piercing their bodies and sucking out their fluids. You may be thinking, but aren't caterpillars pests in my garden? Actually, butterfly caterpillars are very picky eaters and only feed on specific plants. The caterpillars that get into your tomato crop are probably moth caterpillars.

What you'll need: small jar, hammer and nail, sponge, string, sugar, water

To build a butterfly feeder:

1. Add nine parts water to one part sugar to a pan and boil until sugar dissolves completely. Let cool while building the feeder.
2. Punch a small hole into the jar lid with hammer and nail.
3. Cut a strip of sponge and thread it through the hole, leaving about ½ inch sticking out. Make sure it fits tight so that your feeder doesn't leak!
4. Tie a loop of string around the mouth of the jar. Tie two more pieces of 30 inch string to this loop. Attach the opposite ends of the string to the other side of the jar. Check to see that the jar hangs steadily from these string loops.
5. Fill the jar with cooled sugar water mixture and screw on the lid tightly.
6. Hang the jar upside down outside and watch the butterflies eat!
7. To attract more butterflies, glue brightly colored fabrics and paper flowers to your feeder.



Inside this issue:

Vegetable to Know: 2
Okra

Okra and Corn 2
Maque Choux

Butterfly Feeder 6

Special points of interest:

- Planting & Events Calendar
- Beneficials vs. Pests

Eating local is as easy as growing your food in a home garden, but sometimes, you might make a recipe that requires a vegetable you didn't plant. Or you don't have the ability to extend your plants' season. Whatever the case, Columbia has options.



CCUA's seasonal growing guide and news

Beyond the Garden: Eating Local



A visit to the Farmers Market is more than just a shopping trip - it's also a great place to network. Gardeners swap stories and share tips on how to grow the juiciest tomatoes or the crunchiest green beans. New gardeners get advice from experts on how to manage their gardens or deal with pests. Additionally, the farmers market is a great source for getting tips, advice, and recipes on how to cook and store the food you buy there. You can often find starts and potted plants to add to your garden, and local farmers can help you locate rare plants and unusual seed sources.

Every Saturday from 8 a.m. to noon from March to October, 75-80 local farmers and gardeners sell their produce at the ARC. Located at 1701 W. Abbe Street, the Columbia Farmers Market is accessible by both the 104W Red and 103W Green bus routes. Shop in season and you'll find great prices. EBT is accepted at the market for most food and some plants. EBT, debit, and credit cards are bargained at the Market Oasis tent in exchange for wooden tokens that shoppers use at the market.

CCUA has a booth at the market during the growing season, in addition to a monthly educational activity. Check out what we have for sale, ask us your gardening questions, or just stop by to say hello. We love seeing the Columbia garden community growing and interacting!

Columbia has a variety of other options to buy healthy, local food. Clover's Natural Market is a locally owned grocery that offers natural products and organic produce from two locations: Chapel Plaza and 2012 E. Broadway. The Root Cellar Grocery, located at 1023 E. Walnut St., distributes local food products and makes it easy with their seasonal "Bounty Box" options each week. Subscribers receive a box full of farm fresh products and recipes. Luiza's Market, located at 111 S. Providence Road, offers organic and local produce.

It doesn't get more local than buying fresh produce at the farm! Our honest market at the Urban Farm (1209 Smith St.) is open for business 24/7 from May through October! Pick your produce from the cooler, find the cost on the price list, and deposit your money in the safe box.

Beneficial Garden Bugs



Planting Calendar for Summer

Volunteer Orientation (VO)

6:30pm - 7:30pm
@ the Urban Farm
on the second
Wednesday of every month:

- May 14th
- June 11th
- July 9th
- August 13th
- September 10th

Kilgore's Community Garden Workdays

5:00pm - Sunset
@ 700 N. Providence

Every Wednesday
April through September

Urban Farm Potlucks

6:00pm - 7:00pm
@ the Urban Farm

Friday, June 6th
Friday, September 5th

Volunteer Appreciation Events

With CCUA, details TBD

Saturday, May 17th
Saturday, July 12th

City of Columbia Events
Composting Workshop

@ Capen Park
Composting Demo Site

Saturday, May 31 at 10am
Saturday, June 14 at 10am
Saturday, July 12 at 10am
Tuesday, August 19 at 6pm
Saturday, September 27 at 10am
Saturday, October 18 at 10am
Saturday, November 8 at 10am

Art in the Park

@ Stephens Lake Park
Saturday, June 7, 10am - 5pm
Sunday, June 8, 10am - 4pm

Harvest Hootenanny

@ The Urban Farm
Saturday, October 4th

~ May 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
(Bush and Pole), Cantaloupe, Sweet Corn, Cowpeas, Cucumber, Dill, Leek, Marigold, Mint, Nasturtium, Okra, (Leaf Lettuce, Shallots, Strawberry)						
11	12	13	14	15	16	17
Mother's Day			Kilgore's WD			
(Oregano, Parsley, Sage, Scallions, Summer and Winter Squash, Sunflower, Swiss Chard, Tarragon, Tatosi, Thyme, Direct Seed/Transplant Outdoors: Basil, Edamame, Eggplant,						
18	19	20	21	22	23	24
			Kilgore's WD			
(Tomatillo, Watermelon, Zinnia Lima Beans, Peppers, Pumpkin, Rosemary, Rutabaga, Sweet Potato, Tomato)						
25	26	27	28	29	30	31
	Memorial Day		Kilgore's WD			Compost WS

~ June 2014 ~

1	2	3	4	5	6	7
Direct Seed/Transplant Outdoors: Basil, Sweet Corn, Cowpeas, Dill, Marigold, Mint, Oregano, Parsley, Pumpkin, Direct Seed/Transplant Outdoors: Edamame, Eggplant, Parsnip, Peppers, Rutabaga, Sunflower, Sweet Potato,						
8	9	10	11	12	13	14
			Kilgore's WD			Compost WS
(Rosemary, Sage, Scallions, Tarragon, Tatosi, Thyme, Tomatillo, Zinnia Tomato)						
15	16	17	18	19	20	21
Father's Day			Kilgore's WD			
22	23	24	25	26	27	28
			Kilgore's WD			
29	30					

~ July 2014 ~

1	2	3	4	5		
Direct Seed/Transplant Outdoors: Sweet Corn Independence Day						
6	7	8	9	10	11	12
			Kilgore's WD			Compost WS
13	14	15	16	17	18	19
			Kilgore's WD			
20	21	22	23	24	25	26
			Kilgore's WD			
27	28	29	30	31		
Brussels Sprouts, Cabbage, Carrot, Cauliflower, Kohlrabi, Napa Cabbage, Turnips Direct Seed/Transplant Outdoors: Bush Beans, Beets, Broccoli,						
			Kilgore's WD			

Garden Pests

