

Cooking with Okra

Okra is a common ingredient in Southern dishes. Did you know that okra pods contain mucilage, a sticky gel, that helps thicken soups and stews? There are many ways to cook okra, some of which are in the word search below!

Can you find all of the words?

Word Box

CHARRED
GUMBO
OKRA
PURLOO*
ROAST
STEW
THICKEN

*Purloo (AKA perloo) is a thick stew of meat, chicken, or seafood with rice, vegetables, and spices. Yum!

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



Social Media Spotlight

What's your favorite way to cook okra? Share with us @carolinahungerinitiative on Facebook and Instagram and @carolina_hunger on Twitter using #NCHarvestOfTheMonth

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