Corn & Okra

We often grow corn, usually butter & sugar (mixed yellow & white kernels on each ear). Ours arrives late in the summer. Of course you can enjoy it as corn on the cob (boiled, steamed or roasted on the ear). Or remove the kernels from the ear to make side dishes, casseroles, soup or chowder. Use fresh corn with beans (shell, lima &/or others) to make great succotash. We also recommend fresh corn in pancakes or cornbread, & corn pudding -- & try pan-roasted or fried corn, on its own or added to side dishes or salads.

Okra arrives in late summer; these plants, too, need long, hot days to grow, flower & produce a crop, so look for it in mid-August. Depending on how you’ll use it in cooking, choose 2” to 4” pods for best flavor & texture. Okra is famous in Southern & Cajun / Creole cooking: deep-fried, pickled, or in gumbo & jambalaya. But it also makes a strong showing in Indian curried vegetable recipes, either dry-roasted or in sauces. We’ve learned that many other cuisines & recipes call for okra -- so we’ll keep on growing it!

(above: okra blossom, & tiny okra pods; rows of corn growing in the back field ... for sale at the stand)