



## Freezing Okra



Select young tender pods and separate into small pods (4 inches or under) and large pods. Wash. Remove the stems at the end of the seed cells, being careful not to expose the seed cell.

Blanch small pods 3 minutes and large pods 4 minutes in boiling water.

Cool in ice water and drain. Leave whole or slice crosswise.

Package, leaving ½ inch headspace. Seal and freeze.



## Freezing Okra for Frying

Wash and remove stems. Blanch small pods 3 minutes and large pods 4 minutes. Cool in ice water and drain. Slice crosswise and dredge with meal or flour. Spread in a single layer on shallow trays.

Place in freezer just long enough to freeze firm. Package quickly, leaving ½-inch headspace. Seal and freeze.



## Drying Okra

Select tender young fresh pods, less than 4 inches long. Freshness is determined by how easily the pods snap. A dull dry appearance frequently indicates old pods.

Wash and cut off tips of stems. Slice crosswise about 1/4-inch thick. Discard any tough pithy pods.

Water blanch 2 to 3 minutes or steam blanch 4 to 5 minutes.

Dry at 140 degrees F (60 degrees C) for 2 hours, then at 130 degrees F (55 degrees C) until dry.

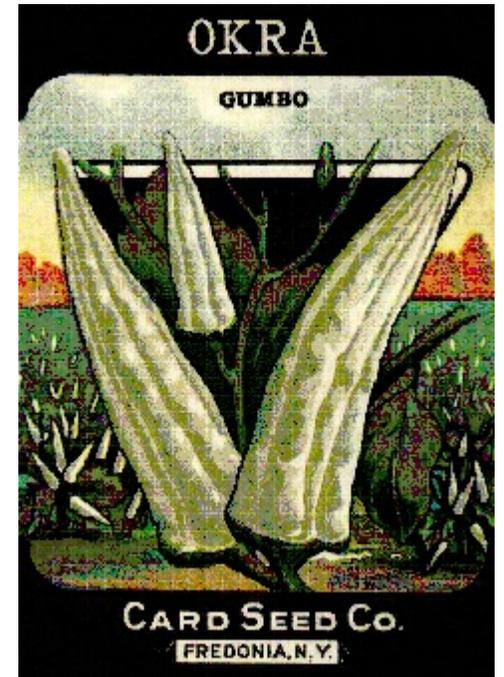
For questions on food safety  
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# Preserving Okra



Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported through your local Extension office.

## Canned Okra

Choose young, tender pods. Wash pods and trim ends. Leave whole or cut into 1-inch pieces. Cover with hot water in a saucepan. Boil 2 minutes and drain. Pack into hot jars, leaving 1-inch headspace. Add ½ teaspoon salt to pints;

1 teaspoon to quarts, if desired. Fill jars to 1 inch from top with boiling water. Adjust lids and process.

Process in a **dial gauge pressure canner** at **11** pounds pressure **OR** in a **weighted gauge pressure canner** at **10** pounds pressure:

**Pints:**  
25 minutes

**Quarts:**  
40 minutes



### Adjust for altitude as follows:

For elevations from 2,001 to 4,000 ft., process at 12 pounds pressure in a **dial gauge** canner.

For elevations over 1,001 ft. process at 15 pounds pressure in a **weighted gauge** canner.

## Okra Dill Pickles (about 8 or 9 pint jars)

7 pounds small okra pods  
8 or 9 garlic cloves  
2/3 cup canning salt  
4 teaspoons dill seed  
6 small hot peppers  
6 cups water  
6 cups vinegar

Wash and trim okra. Fill hot pint jars firmly with whole okra, leaving 1/2-inch headspace. Place 1 garlic clove in each jar. Combine salt, dill seed, hot peppers, water and vinegar in large saucepan and bring to a boil. Pour hot pickling solution over okra, leaving 1/2-inch headspace. Adjust lids. Process pints for 10 minutes in a **boiling water bath**.

For elevations from 1,001 to 6,000 ft., process 15 minutes.



## Tomatoes Canned With Okra



Wash tomatoes and okra. Dip tomatoes in boiling water 30 to 60 seconds to split skins. Dip in cold water, slip off skins and remove cores.

Cut in quarters. Trim okra stems. Leave whole or slice into 1-inch pieces. Bring tomatoes to a boil and simmer 10 minutes. Add okra and boil gently 5 more minutes. Add ½ teaspoon of salt to each pint jar; 1 teaspoon to each quart jar, if desired. Fill hot jars with mixture, leaving 1-inch headspace. Adjust lids and process.

**Variation** - Add 4 or 5 pearl onions or two 1/4-inch thick onion slices to each jar.



Process in a **dial gauge pressure canner** at **11** pounds pressure **OR** in a **weighted gauge pressure canner** at **10** pounds pressure:

Pints.....30 minutes  
Quarts.....35 minutes

### Adjust for altitude as follows:

For elevations from 2,001 ft. to 4,000 ft., process at 12 pounds pressure in a **dial gauge** canner.

For elevations over 1,000 ft., process at 15 pounds pressure in a **weighted gauge** canner.

