

## **Instructions**

### **Grow and Can Your Own Okra**

To grow and can your own okra plant you'll need:

- Okra seeds (included)
- Mason jar (included)
- Mason jar label (included)
- Soil

To grow your own okra plant, take the lid off your mason jar and fill it with soil. You can use spare potting soil or dirt from your yard. Follow the instructions on the seed packet for best planting results – make sure you move your okra to a bigger pot or directly to the ground once it starts getting bigger! Once you have okra ready to harvest, you can preserve it in your mason jar. If your okra didn't grow, or you don't like okra, don't worry! You can pickle any vegetable you like – cucumbers are a popular choice. Make sure your mason jar is super clean, then follow whatever recipe you'd like for pickling okra with the help of an adult.

A basic pickling recipe: add 1 clove of garlic, 1 tsp canning salt, 1 tsp dill seed or weed, and ¼ tsp whole peppercorns. Fill the jars with as much okra as possible. With the help of an adult boil equal parts vinegar and water and fill the jars nearly to the top – leave about 1/3 or 1/4 of an inch at the top of the can. Put the lid on and put the jar in boiling water for 10 minutes. After 10 minutes, take the jar out and let it cool. Write what you preserved and the date on your label. The longer you leave the jar closed, the better the flavor will be! Ideally, wait about 4 weeks to enjoy your homegrown, pickled okra.

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