



OKRA Standard Operating Procedure (SOP)

Name of specific task or chore. Harvesting and storing Okra

Objective/purpose— Okra is harvested for eating, to go to market, food pantry or restaurant. It can be eaten from nose to tail. The okra pod, flower, leaves (can be sauteed or used raw) & seeds (can be ground for coffee substitute)

Materials— Gloves, long sleeved shirt, (keeping the body covered is important to avoid irritation from okra plant) bins, quart or pint containers, scale, plastic bags & snips

Duration: 1 person—45 min/per 100 ft bed or 2 ppl— 1 hrs/per 100 ft bed

Procedure—

1. Retrieve all materials
2. Always wash hands before handling produce
3. Line bin with clear plastic perforated bag
4. Assign one or two workers per bed depending on the people that are available. Each worker will start on one bed or two workers will start on opposite ends of one bed and work their way to the middle of the bed.
5. Inspect Okra by using hands to look for fruit by holding back all branches in the back sides & front to locate Okra
6. Snip fruit (2-5in preferable at the neck) Any fruit longer than 5 in - snip off the plant and leave in the field
7. Remove bagged product from bin and place in case box
8. Record weights in harvest log then label box for 10 lb standard case
9. Store at 45-50 F with 90-95% relative humidity in well ventilated bags with holes
10. Clean, rinse and wipe all materials used in the harvest process

