# Not a feed for a hungry man: a sketch of okra in Australia

Okra are seen in the markets more and more but are a relative newcomer.

*The Australian Women’s Weekly* 1981*[[1]](#footnote-1)*

The story of Anglo-Celtic Australian cuisine from the first days of the colony that gets told over and over is about how bland it was, how limited the choices of vegetables, fruit and spices.[[2]](#footnote-2) In the characterisation of it as meat-and-three-veg the latter generally is a selection from potatoes, carrots, beans, cabbage, peas, pumpkin and other staples of an English cuisine circa 1870. Lately I’ve been discovering just how wrong that characterisation is. One of the vegetables that gives the lie is okra.

While doing research for an article on rosellas[[3]](#footnote-3) – the fruit not the bird – I often came across okra in home gardening advice columns in Australian newspapers and magazines dating back to the middle 1800s.[[4]](#footnote-4) There was clearly a history here of okra in Australia that has been forgotten. I set out to find what I could using *Trove*, the online library database owned by the National Library of Australia, and my collection of Australian cookery books. I focussed on the domestic cultivation and culinary uses of okra.

# Okra described

Okra (*Abelmoschus esculentus* Moench, *Hibiscus esculentis* Linnaeus) is a shrub of one to one and a half metres. It bears pods shaped like a long ridged tube that tapers to a point at the end not attached to the body of the plant. It’s native to India and Myanmar but is widely cultivated in tropical and sub-tropical regions world-wide. Its use is correspondingly wide-spread. The young immature pods are used in cooking, These are highly mucilaginous i.e. having a slimy or gelatinous consistency. Because of this okra is often used as a thickener in soups in Western cuisine. It’s used extensively in Southern American Creole cuisine particularly in gumbo[[5]](#footnote-5). In other cuisines like South Asian, African and Middle Eastern it’s treated as a vegetable in its own right. The pods can be used fresh or dried. If left too long on the plant the pods become fibrous and unsuitable for cooking.

The published items about okra that document this domestic history of okra in Australia generally fall into three groups: advice on cultivation, okra in the marketplace and recipes.

# Cultivation

I found nothing to tell me when okra arrived in Australia or how this happened. It was growing in the Government Garden (which subsequently became the Royal Botanic Gardens) in 1822, the plant having been donated by C. Telfair Esq. Charles Fraser the Colonial Botanist recorded it as being an ‘esculent (edible) hibiscus from the West Indies, introduced into the garden by 1822’.[[6]](#footnote-6)

There is then a gap in the records until in 1859 Thomas Lang & Co., Nurserymen and Seedmen, (Ballarat in rural Victoria) advertised American okra seeds at 1s per packet.[[7]](#footnote-7) In 1862 Handasyde McMillan and Co., Agricultural and General Seedmen, (Melbourne) advertised seeds of ‘Okra (Hibiscus esculentus) Early Green, adapted for the district’ also for 1s the packet.[[8]](#footnote-8) These two references taken together show that by this time there was an interest in growing okra. The quantities of seed for sale (by the packet and not in bulk) suggest that the purchasers were most likely home/kitchen gardeners. But perhaps not as much interest as seedsmen would have liked. In the following year, 1863, Handasyde McMillan and Co entered in the Exhibition of the Horticultural Society of Victoria ‘a collection of various but little known vegetables and herbs with a view of attracting the attention of gardeners’ among which was the early green variety of okra.[[9]](#footnote-9)

Seeds purchased, the home /kitchen gardener could turn to monthly advice on how to cultivate okra.

The early crop may be raised in heat and planted out like tomatoes. The general crop may be sown In the open ground, in September and October. The seed should be sown in drills two feet apart, and the plants thinned to the same distance in the rows. Best kinds are dwarf

green density and white velvet.[[10]](#footnote-10)

The 3ft. to 4ft. (okra) bushes carry an abundance of fruits like small, fleshy, dull green marrows, held erect. Pick these regularly or they become stringy. … Sow okra direct, in rows, with soil prepared as for marrows. Give a fair amount of water.[[11]](#footnote-11)

Save the seeds from the earliest pods. The pods should be gathered as soon as fit for use. If the supply is greater than needed the pods may be sliced and dried in the sun or a stove not made over hot. They also make good pickles.[[12]](#footnote-12)

The gardener was told that the ‘vitality’ of okra seeds in general was two years.[[13]](#footnote-13)

These columns were published monthly or quarterly and continued to be published into the 1980s. Despite the regularity with which its cultivation was advocated it doesn’t seem to have been extensively taken up. There were from time to time references to this by correspondents and recipe contributors in newspapers and magazines.

Okra - This a vegetable not much used, but useful for some purposes, and worth

growing.

*The Riverine Herald (Echuca)* 5 December 1902[[14]](#footnote-14)

This plant is seldom met with in our gardens, yet it deserves a place in the vegetable patch, as it furnishes its fruit during summer, when there is usually a shortage of fresh vegetables.

*Chronicle* (Adelaide) 1921[[15]](#footnote-15)

Okra was regularly listed by seedsmen, but the poor demand led to its dropping out, and the space given to more 'sellable' lines. Of late the demand has increased and it was included in the 1930 catalogue of Yates.

*Central Queensland Herald* [[16]](#footnote-16)

# Okra in the marketplace

Okra appears to have had something of a stop-start commercial history. The first reference I found to okra in the marketplace was in 1888 when cookery book author Harriett Wicken in her *Kingswood Cookery Book* noted: ‘Okra, a Greek vegetable, has just been put on the market; it is very good cooked with tomatoes.’[[17]](#footnote-17) Later reference found in *Trove* all refer to it as nascent. In 1894 the *Traralgon Record* noted that okra was ‘coming into the market now from the South very fresh and nice, but quite expensive, but it also comes in cans and glass jars, being considered by many as good as that freshly-grown.’[[18]](#footnote-18) ‘At one time’ wrote the *Sun* newspaper in 1933, ‘okra was scarcely known to Australian gardens; but of late years this useful plant is becoming more popular.’[[19]](#footnote-19)

Yet this seems to have again been something of a false start. A century later it seems that the wheel had turned again. In 1991 Michael Boddy wrote: ‘Okra I'm afraid, is still rare enough in the shops to be mistaken for something else, or just totally misunderstood. But it is due at the market any time now. In response to a slow but growing demand, fruitologists are now putting it on open display and not just keeping it for those in the know. It's worth trying, as its rising popularity shows.’[[20]](#footnote-20)

# Ways with okra

SPES: I have grown it, on and off, for 25 years, and I have an aunt who uses it extensively in vegetable soups, as it is very glutinous and tasty. I like it well, but it's not a feed for a hungry man, and really should not be classed as a vegetable in the ordinary sense — that is to put on a plate with meat, etc. It's more in the asparagus line -on its own.[[21]](#footnote-21)

Others had a different opinion to SPES and there were recipes for using okra ‘with meat etc.’ though the recipes were rare. I found just 30 in newspapers over a hundred year period. The first recipe I found was for gumbo among dishes in an article on ‘American Dishes’.

Okra Gumbo

Cut a chicken int small pieces, flower (sic) well and fry; then add a quart of okra sliced; put on a cover and steam for five minutes, then pour on a quart of hot water. Add a few sliced onions, tomatoes, pepper and salt to taste. Boil an hour adding more water if necessary. Serve with rice.[[22]](#footnote-22)

This classic stew of the American south appeared in several guises: Gumbo Soup[[23]](#footnote-23); Real Southern Gumbo[[24]](#footnote-24); Okra Gumbo[[25]](#footnote-25); Gumbo des Herbes[[26]](#footnote-26); Chicken Gumbo[[27]](#footnote-27); Gumbo File[[28]](#footnote-28).

Harriet Wicken in her 1888 *Kingswood Cookery Book* gave a recipe for Okra and Tomatoes:

Peel off the stalk in a spiral form, and wash well with salt and water; boil some tomatoes and rub them through a sieve, with the water in which they were boiled; add salt to taste, and put in the okra; there should be sufficient to just cover them; cook for about twenty minutes, thicken the liquor with a little flour and butter, and pour over the okra when dished. Okra may also be blanched and fried in butter or dripping.[[29]](#footnote-29)

Wicken’s was the only recipe from cookery books of early Australian cuisine to have an okra dish.[[30]](#footnote-30)

There were recipes for okra soup[[31]](#footnote-31),mutton stew with okra[[32]](#footnote-32), okra in vegetable soup[[33]](#footnote-33), okra stuffed Spanish onions[[34]](#footnote-34); okra in a mix of marinated vegetables[[35]](#footnote-35) and this unusual one.

Stew the okra in cream, but if the cream is not obtainable, boil the okra after cutting off each end, then make a sauce of rich boiled milk, add fresh sweet butter rolled in flour as soon as the milk is taken from the fire; pour over the okra.[[36]](#footnote-36)

Recipes continued to be published, the majority of them firmly and safely in Anglo-Celtic cuisine. In 1976 Charmaine Solomons broke this pattern. She published three recipes for okra in *The Complete Asian Cookbook* returning okra to its South Asian roots. She used the word for okra in the language of the origin of the recipe; Bandakka Curry/Bean Curry (Sri Lanka) (p.143); Bhendi Bhaji. Spicy Fried Okra (India) (p.80) and Bhendi Kari/ Okra Curry (India) (p.80)

Bhendi Kari/ Okra Curry

500g (1 lb) fresh tender okra

1 tablespoon ghee or oil

1 large onion, thinly sliced

2 fresh green chillies. Slit and seeded

1 clove garlic, finely sliced

½ teaspoon finely grated fresh ginger

½ teaspoon ground turmeric

½ teaspoon ground coriander

½ teaspoon ground cumin

1 ½ cups coconut milk or buttermilk

1 teaspoon salt, or to taste

Wash okra and cut off stem ends with a sharp knife. If they are large, cut into convenient lengths. Heat the ghee or oil in a saucepan and fry the onions and chillies over medium low heat ,stirring occasionally, until onions are golden. Add garlic, ginger and turmeric and fry, stirring, for a minute longer, then add okra and fry for 2 or 4 minutes. Add the coriander and cumin , coconut milk or buttermilk and salt. Simmer uncovered until the okra is tender, 10-12 minutes. Serve with rice.[[37]](#footnote-37)

Others followed. Margaret Fulton in the 1983 *Encyclopedia of Food and Cookery* noted that canned okra could be bought from most supermarkets and delicatessens. She advised the pods be rinsed well ‘under cold running water to get rid of the viscous juices before using unless the recipe is for gumbo, curry or meat stew which may need the juices to give the texture required.’ [[38]](#footnote-38) She gave five recipes for okra one of which was for Okra Curry.[[39]](#footnote-39)

Okra recipes appeared sporadically over the next several years. In 1990 the *Times (*Victor Harbour) published a recipe for Crayfish Gumbo.[[40]](#footnote-40) Okra was an ingredient in a Vegetable Curry published in the Vegetarian Cookbook from *Community Aid Abroad* in 1995.[[41]](#footnote-41) In 2009 Nadia Fawzi cooked an Egyptian recipe for Bamya (Okra) with Lamb on the SBS *Food Safari* television program which highlighted Australia’s growing multicultural cuisine. The programme profiled communities and home cooks. Fawzi’s recipe was published in *Food Safari. Glorious Adventures through a World of Cuisines*.[[42]](#footnote-42) Christine Manfield published a recipe for Okra Masala in her 2021 *Indian Cooking Class*.[[43]](#footnote-43)

# Okra in 21st century Australia

Okra today (2023) is everywhere. From the 1980s on successive waves of migrants from South Asian, Middle Easter and then Africa1980s on from non-European countries, particularly South Asia, the Middle East and Africa created a bigger market for okra. Mixed businesses catering to these migrants regularly have fresh okra, dried and/or frozen packets of okra. The two biggest supermarket chains (Coles and Woolworths) carry fresh, frozen and canned okra.[[44]](#footnote-44) Recipes for its use crowd the internet, on both specialist cuisine sites and general sites. *The Australian Women’s Weekly Food* site has nine ‘favourite okra recipes including stews, curries, gumbo and more.’[[45]](#footnote-45) *Gourmet Traveller* has 18 recipes from fine dining chefs – Tony Tan, Christine Manfield, Sean Moran - across a range of cuisines.[[46]](#footnote-46) taste.com has a lead story ‘How to cook okra so it isn’t slimy’ plus three recipes.[[47]](#footnote-47) Okra is grown at commercial scale around Darwin in the Northern Territory, the Burdekin and Locker Valleys in Queensland and Carnarvon in Western Australia.[[48]](#footnote-48) There are home cultivation guides much like the gardening calendars of newspapers and magazines.[[49]](#footnote-49) Ebay Australia advertises seeds for sale for a dozen varieties of okra, some advertised as Heirloom. The future of okra at the Australian table is assured.

1. *The Australian Women’s Weekly p*. 64 [01 Apr 1981 - Kitchen Notes - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/47114921?searchTerm=okra) [↑](#footnote-ref-1)
2. From the earliest days there have been individuals and communities in Australia who maintained cuisines parallel to that of the Anglo-Celtic and for whom the stories about foods like okra are very different. This article is limited to exploring okra in the Anglo-Celic settler cuisine. [↑](#footnote-ref-2)
3. ‘This delicious fruit. Nots on the rosella Hibiscus sabdariffa in Australia ‘ Paul van Reyk, [Big Mulch Archives - Compost](https://compost.sydney/category/big-mulch/) [↑](#footnote-ref-3)
4. ‘Work for the Week’, *The Albury Banner and Wodonga Express* (New South Wales) 17 November 1911 p.16 accessed at [17 Nov 1911 - WORK FOR THE WEEK. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/101162509?searchTerm=rosella) [↑](#footnote-ref-4)
5. Gumbo consists primarily of a strongly flavored [stock](https://en.wikipedia.org/wiki/Stock_(food)), meat or [shellfish](https://en.wikipedia.org/wiki/Shellfish) (or sometimes both), a [thickener](https://en.wikipedia.org/wiki/Thickening_agent#Food), and the Creole ["holy trinity"](https://en.wikipedia.org/wiki/Holy_trinity_(cuisine)) ― [celery](https://en.wikipedia.org/wiki/Celery), [bell peppers](https://en.wikipedia.org/wiki/Bell_pepper), and [onions](https://en.wikipedia.org/wiki/Onion) [Gumbo - Wikipedia](https://en.wikipedia.org/wiki/Gumbo#:~:text=Gumbo%20%28%20Louisiana%20Creole%3A%20Gombo%29%20is%20a%20soup,%22holy%20trinity%22%20%E2%80%95%20celery%2C%20bell%20peppers%2C%20and%20onions.) [↑](#footnote-ref-5)
6. *Hibiscus esculentis* [Caroline Simpson Library & Research Collection | Museums of History NSW - Full Record (mhnsw.au)](https://first.mhnsw.au/fullRecordPlants.jsp?recnoListAttr=recnoListRI&recno=19440) [↑](#footnote-ref-6)
7. *The Star* (Ballarat) 5 October 1859 p.4 accessed at [05 Oct 1859 - Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/66055649?searchTerm=okra). I imagine that the seeds were from America indicated some prestige as okra had been in America since 1658 [↑](#footnote-ref-7)
8. *The Farmer’s Journal and Gardener’s Chronicle* (Melbourne) 19 July 1862 p.15 accessed at [19 Jul 1862 - Advertising - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/179384080?searchTerm=okra) [↑](#footnote-ref-8)
9. ‘Horticultural Society of Victoria, *The Herald* (Melbourne) 2 March 1863 p.5 accessed at[02 Mar 1863 - HORTICULTURAL SOCIETY OF VICTORIA. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/244292285/26563217) [↑](#footnote-ref-9)
10. The Kitchen Garden, Upper Murray and MItta Herald (Victoria) 20 August 1896 p.7 accessed at [20 Aug 1896 - THE KITCHEN GARDEN. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/268920044?searchTerm=okra) [↑](#footnote-ref-10)
11. ‘Home-grown vegetables’, *The Australian Women’s Weekly* 2 September 1980 p.46 accessed at [02 Sep 1970 - Home-grown vegetables - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/46187103?searchTerm=okra) [↑](#footnote-ref-11)
12. ‘Okra’, Farm and Garden Memoranda for February 1882, *Australian Town and Country Journal* (Sydney) 28January 1882 p.20 accessed at [28 Jan 1882 - Farm and Garden Memoranda for February, 1882. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/70964863?searchTerm=okra) [↑](#footnote-ref-12)
13. ‘Vitality of Seeds’, *The Goulburn Herald and Chronicle* (New South Wales) 6 May 18675 p.3 accessed at [06 May 1865 - LOCAL AND PROVINCIAL. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/100828109?searchTerm=okra) [↑](#footnote-ref-13)
14. *The Riverine Herald (Echuca)* 5 December 1902 p.4 accessed at [05 Dec 1902 - Practical Vegetable and Flower Growing. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/115042585?searchTerm=okra) [↑](#footnote-ref-14)
15. *Chronicle* (Adelaide) 1921 24 December 1921 p.5 accessed at [24 Dec 1921 - MEAT FLOUR. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/87557075?searchTerm=okra) [↑](#footnote-ref-15)
16. Question Time, The *Central Queensland Herald (*Rockhampton) 4 June 1931 p.10 accessed at [04 Jun 1931 - QUESTION TIME. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/70285656?searchTerm=okra) [↑](#footnote-ref-16)
17. Wicken, H.F. *The Kingswood Cookery Book*, George Robertson and Company, Melbourne and Sydney, 1888 Sixth Edition Revised p. 18 [↑](#footnote-ref-17)
18. The Home Circle, *Traralgon Record (*Victoria) 15 June 1894 p. accessed at [15 Jun 1894 - THE HOME CIRCLE. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/60308780?searchTerm=okra) [↑](#footnote-ref-18)
19. ‘Succulent plants return to favour’, *The Sun* (Sydney) 14 October 1933 p.8 accessed at [14 Oct 1933 - Succulent Plants Return To Favor - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/229144901?searchTerm=okra) [↑](#footnote-ref-19)
20. ‘Small, young okra promises a tender taste’, *The Canberra Times* (ACT) 10 February 1991 p.28 accessed at [10 Feb 1991 - Small, young okra promises a tender taste - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/129095408?searchTerm=okra). This article and a subsequent one are the two most extensive okra in any source. See ‘Okra and tomato forms natural combination’, *The Canberra Times* 17 February 1991 p.30 accessed at[17 Feb 1991 - Okra and tomato forms natural combination - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/129097669?searchTerm=okra) [↑](#footnote-ref-20)
21. Question Time, The *Central Queensland Herald (*Rockhampton) 4 June 1931 p.10 accessed at [04 Jun 1931 - QUESTION TIME. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/70285656?searchTerm=okra) [↑](#footnote-ref-21)
22. ‘American Dishes’, The Family Circle, *Northern Star* (Lismore) 3 March 1877 p.2 accessed at [03 Mar 1877 - The Family Circle. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/71726562?searchTerm=okra) [↑](#footnote-ref-22)
23. ‘Gumbo Soup’ The Household, *Weekly Times* (Melbourne) [08 Jul 1882 - THE HOUSEHOLD. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/221749592?searchTerm=okra) [↑](#footnote-ref-23)
24. Recipes, *Bathurst Free Press and Mining Journal* (New South Wales) 13 September 1890 p.6 accessed at [13 Sep 1890 - RECIPES. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/65350033?searchTerm=okra) [↑](#footnote-ref-24)
25. *Queensland Country Life* 12 July 1901 p.25 accessed at [12 Jul 1901 - SHRIMP GUMBO. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/101453258?searchTerm=okra) [↑](#footnote-ref-25)
26. ‘Gumbo des Herbes’, Recipes, *Queensland Country Life* (Queensland) 12 July 1901 p.25 accessed at [12 Jul 1901 - GUMBO DES HERBES - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/101453257?searchTerm=okra) [↑](#footnote-ref-26)
27. The Home, *Critic* (Hobart) 20February 1914 p.7 accessed at [20 Feb 1914 - THE HOME. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/162301559?searchTerm=okra) [↑](#footnote-ref-27)
28. ‘Happy New Year’, The Australian Women’s Weekly 26 December 1956 p.59 accessed at [26 Dec 1956 - Happy New Year - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/45648128?searchTerm=okra) [↑](#footnote-ref-28)
29. Wicken, H.F. *The Kingswood Cookery Book*, George Robertson and Company, Melbourne and Sydney, 1888 Sixth Edition Revised p.299 [↑](#footnote-ref-29)
30. Abbott, Edward, *The English and Australian Cookery Book: Cookery for the Many, as well as the Upper Ten Thousand - by an Australian Aristologist*, Sampson Low, Son, and Marston, London, 1864; The Lady Victoria Buxton Girls’ Club Adelaide , *The Kookaburra Cookery Book,* South Australia, E.W. Cole, 1911; Maclurcan, Hannah, *Mrs Maclurcan’s Cookery Book. A collection of practical recipes specially suited for Australia*, George Robertson and Co, Melbourne, 1898; Muskett, Philip E. *The Art of Living in Australia*, Eyre and Spottiswoode, London.1893; Presbyterian Church of N.S.W. Women’s Missionary Association, *Cookery Book of Good and Tried Recipes*, James Steadman 1895; Rawson, Mrs, Lance (Mina), *The Antipodean Cookery Book and Kitchen Companion*, George Robertson and Company, 1895; Rawson, Mrs, Lance (Mina), *Australian Enquiry Book of Household and General Information,* 1894; Rawson, Mrs. Lance (Mina) *The Queensland Cookery and Poultry Book*, William Hopkins, Rockhampton, 1890; Foster Rutledge, Mrs., Compiler, *The Goulburn Cookery Book*, 1899; Wicken, Harriet, *Australian Table Dainties and Appetising Dishes,* Ward, Lock & Co., 1897; Wicken, H.F. *The Kingswood Cookery Book*, George Robertson and Company, Melbourne and Sydney, 1888. [↑](#footnote-ref-30)
31. ‘Okra Soup’, The Household, *Weekly Times* (Melbourne) 8 January 1881 p.14 accessed at [08 Jan 1881 - THE HOUSEHOLD. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/219424796?searchTerm=okra) [↑](#footnote-ref-31)
32. ‘How to Do Things’, *Geelong Advertiser* (Victoria) 12 January 1920 p.6 accessed at [12 Jan 1920 - HOW TO DO THINGS. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/165414978?searchTerm=okra) [↑](#footnote-ref-32)
33. ‘Appetising Soups’, *Leader* (Melbourne) 2 May 1903 p. 40 accessed at [02 May 1903 - APPETISING SOUPS. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/197942507?searchTerm=okra) [↑](#footnote-ref-33)
34. Recipe Contest, *Sunday Times* (Perth) 30 April 1911 p.24 accessed at [30 Apr 1911 - STUFFED SPANISH ONIONS. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/57712797?searchTerm=okra) [↑](#footnote-ref-34)
35. ‘Marinated Vegetables’, *The Australian Jewish News* (Melbourne) 20 March 1977 p.13 accessed at [20 May 1977 - MARINATED VEGETABLES - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/262521164?searchTerm=okra) [↑](#footnote-ref-35)
36. *Tungamah and Lake Rowan Express St James Gazette* (Victoria) 1 January 1890 p.55 accessed at [01 Jan 1890 - Cooking Recipes. - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/270048686?searchTerm=okra) [↑](#footnote-ref-36)
37. Solomons, Charmaine, *The Complete Asian Cookbook*, Books for Pleasure, 1976 [↑](#footnote-ref-37)
38. Fulton Margaret *Encyclopedia of Food and Cookery*, Octopus Books 1983 p.246 [↑](#footnote-ref-38)
39. ‘Okra Curry’, Fulton Margaret *Encyclopedia of Food and Cookery*, Octopus Books 1983 p.46 [↑](#footnote-ref-39)
40. ‘Gumbo flatters crayfish flavour’, Recipes, Times (Victor Harbour) 10 January 1990 p.11 accessed at [10 Jan 1990 - Recipes - Trove (nla.gov.au)](https://trove.nla.gov.au/newspaper/article/196603728?searchTerm=okra) [↑](#footnote-ref-40)
41. Community Aid Abroad, *Vegetarian Cookbook* p.86 [↑](#footnote-ref-41)
42. O’Meara, Maeve, *Food Safari. Glorious Adventures through a World of Cuisines* Hardie Grant 2009 p. 39 [↑](#footnote-ref-42)
43. Manfield, Christine, *Indian Cooking Class*, Simon and Schuster (Australia) 2021 p.138 [↑](#footnote-ref-43)
44. [Okra Fresh Per Kg | Woolworths](https://www.woolworths.com.au/shop/productdetails/144275/okra-fresh); [Search okra | Coles](https://www.coles.com.au/search?q=okra) [↑](#footnote-ref-44)
45. [Our favourite okra recipes | Australian Women's Weekly Food (womensweeklyfood.com.au)](https://www.womensweeklyfood.com.au/okra-recipes-32285) [↑](#footnote-ref-45)
46. [Okra recipes to convert the haters | Gourmet Traveller](https://www.gourmettraveller.com.au/recipes/recipe-collections/okra-recipes-17188) [↑](#footnote-ref-46)
47. [How to cook okra (taste.com.au)](https://www.taste.com.au/articles/cook-okra/ckp830nm) [↑](#footnote-ref-47)
48. [Growing Okra in Australia: At Home, Planting Season, and Guide (agrifarming.in)](https://www.agrifarming.in/growing-okra-in-australia-at-home-planting-season-and-guide#:~:text=Most%20of%20Australia%E2%80%99s%20Okra%20is%20grown%20in%20the,Western%20Australia%2C%20in%20small%20quantities%20in%20other%20states.) [↑](#footnote-ref-48)
49. [How To Plant And Grow Okra - Bunnings Australia](https://www.bunnings.com.au/diy-advice/garden/planting-and-growing/growing-okra-plants-lady-fingers) [↑](#footnote-ref-49)