



Therapeutic Horticulture Activity Okra Seed Collection

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Overview: Collecting seeds from okra seed pods.

Precautions:

1. Use of 2 hands and pinching ability

Completion Time: 30 minutes

Materials: (10 participants)

1. Dried okra pods, dried on the plant (30+)
2. Paper plates with a bit of a lid around it to catch rolling seeds (10)
3. Hand pruners (1)
4. Vessel to collect all seeds into.(1)
5. Vessel/Bucket to collect seed pod waste (1)
6. Hand broom (optional) (1)
7. Seed storage envelopes (20+)

Pre-Session Prep:

1. Allow okra pods to remain on the plant until brown and dried; collect pods throughout the late summer into the fall.
2. Collect other supplies.

Step-By-Step

Process/Instructions:

1. Place a plate in front of each participant.
2. Place a seed pod on the plate.



3. Trim off one of the ends of the pod to assist in separating the pods sections.

4. Demonstrate pulling a section of the pod apart to reveal the seeds within.



5. Collect the empty seed pod waste into a vessel using the hand broom as necessary.
6. Collect seed pods into one vessel or package them into individual envelopes for future planting.
7. Store in a dark cool location to maintain seed viability.

Tips:

1. Have back up seed pods/heads that are easier to collect using one hand if somebody has trouble using both hands needed for okra collection, such as Black-eyed Susan's.
2. Have participants write info on seed packets during this session or during a future group.
3. Store seeds in a dark cool place until spring and ready to plant.

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