



Eggplant

- ◆ Eggplants belong to the nightshade family of vegetables, which include tomatoes, sweet peppers and potatoes. One of the popular eggplant varieties in North America, looks like a pear-shaped egg. They have a glossy, deep purple skin while the flesh is cream colored and has a spongy consistency. Eggplants grow on a vine, similar to tomatoes .
- ◆ Eggplants also come in various colors such as, lavender, jade-green, orange, and yellow-white.
- ◆ The taste of an eggplant can be pleasantly bitter
- ◆ Eggplants were first grown in China around the 5th century B.C. Today, Italy, Turkey, Egypt, China and Japan are the leading eggplant growers.
- ◆ Eggplants are a good source of fiber and contain vitamin B6, which is important for the blood, brain and various tissues throughout the body. The purple skin contains antioxidants that provide health benefits.
Eggplants also contain Vitamin B1, copper, manganese, niacin, potassium, foliate, and vitamin K.
- ◆ Choose eggplants with firm, smooth, satin-like skin. Eggplants should feel heavy for their size. Avoid any with brown or soft spots and dull skin. Handle eggplants carefully because they bruise easily.

