**Background:**

Pairs well with other vegetables, cheeses, herbs/spices, and sauces

Prepared in a variety of ways with unique flavor profiles from around the world.

Grew wild in India and first cultivated in China in the 5th century B.C.

Introduced to Africa before the Middle Ages and spread to Europe, the Middle East, then to the Western Hemisphere

**Nutritional Value:**

Very good source of dietary fiber, vitamin B1, and copper

Rich in manganese, vitamin B6, niacin, potassium, folate, and vitamin K

Contains phytonutrients such as nasunin and chlorogenic acid
Eggplant

How to SHOP:
Choose eggplant that is firm, shiny, smooth, and without shriveling, blemishes, or soft spots
Stem should be fresh and green, not dried out or brown
Eggplants are available year-round but are in season during August and September

How to GROW:
Eggplants love the warmth—plant them during the summer season in a sunny spot. If planning to transplant from seedling to the garden, start seeds 8-10 weeks before your last frost date
Eggplants grow into tall, angular plants—space seedlings 24-36” apart
Harvest when the skin of the fruit is shiny and unwrinkled, about 16-24 weeks after sowing

How to STORE:
Store eggplants at room temperature for 1-2 days, then transfer to the refrigerator for up to 7 days
Best to use as soon as possible as it suffers chill damage quickly