

Beneficial Bites

Bites

***You’re not even like an egg a little bit****:*

* They grow in a manner much like tomatoes, hanging from the vines of a plant.
* Eggplant is generally described as having a pleasantly bitter taste and spongy texture.
* Eggplant is a very good source of fiber, B vitamins, potassium, folate and vitamin K.
* Eggplant can be grown in Wisconsin.
* Eggplants are vibrant and beautiful.

[](https://www.google.com/imgres?imgurl=http://images.clipartpanda.com/beet-clipart-free-vector-beets-clip-art_115241_Beets_clip_art_hight.png&imgrefurl=http://www.clipartpanda.com/categories/beet-20clipart&docid=FuymCnq-zbIG6M&tbnid=VOmw3OtQ3MDSpM:&w=498&h=598&bih=882&biw=1400&ved=0ahUKEwirpuL819rOAhVEwiYKHb9AASwQMwhRKCkwKQ&iact=mrc&uact=8)

Eggplant belongs to the nightshade family of vegetables which includes tomatoes, bell peppers and potatoes.



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**October Menu items**

Spaghetti with Meatballs and Roasted Eggplant

Stewed Tomatoes with Roasted Eggplant



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**E is for Eggplant!**

* **Eggplant is actually classified botanically as a fruit!**
* Eggplant should not be eaten raw.
* Eggplant can be deep purple, lavender, jade green, orange and white.
* The freshest availability is between August and October.
* Baba Ghanoush is a favorite roasted eggplant dip in many cuisines.

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**October Menu items**

Spaghetti with Meatballs and Roasted Eggplant

Stewed Tomatoes with Roasted Eggplant

Tossed Salad with Beets & Feta

Strawberry Cheesecake Bars

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