**E is for Eggplant!**

Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, bell peppers and potatoes. They grow in a manner much like tomatoes, hanging from the vines of a plant that grows several feet in height. While the different varieties do range slightly in taste and texture, one can generally describe the eggplant as having a pleasantly bitter taste and spongy texture.

Eggplant is actually botanically classified as a berry! From baba ghanoush to ratatouille, there are various vessels of indulgence for this vibrant veggie! But these “garden eggs” must be baked or grilled to cultivate the most nutrients possible, and should not be eaten raw.

Eggplant is a very good source of dietary fiber, vitamin B vitamins and copper. It is a good source of manganese, potassium, folate and vitamin K. Eggplant also contains phytonutrients.

Come join us in October for our Beneficial Bites presentation and learn the history and more nutritional benefits of the beautiful eggplant!

