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



Eggplant Nutrition:

* Excellent source of fiber
* Excellent source of folate, potassium and vitamin C
* Low in fat and calories
* Great source of B vitamins
* Eggplant is generally pleasantly bitter and spongy taking on the flavor of the dish

**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 can be grown in Wisconsin

Eggplants are vibrant and beautiful

Eggplant should not be eaten raw

Eggplant is actually classified botanically as a fruit!

They can be deep purple, lavender, jade green, orange and white

Freshest availability is between August and October

Baba Ghanoush is a favorite roasted eggplant dip in many cuisines

Eggplant parmesan is a favorite dish in the US

**Eggplant**

Choose eggplants that are firm and heavy for their size. Bigger is not better, choose medium sizes. Their skin should be smooth and shiny, and their color, whether it be purple, white or green, should be vivid.

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**Enjoy those beautiful eggplants….**

**…make your own baba ghanoush**

**…make eggplant parmesan**

**…roast eggplant**

**…make eggplant pizzas**

**…eggplants love olive oil**