



Eggplant

Solanum melongena

Nutrition Facts

- Potassium, magnesium, Vitamin B6 and folate can all be found in eggplant.
- Nasunin, a phytonutrient that helps keep brain cells healthy, can be found in the skin of eggplants.
- Consuming eggplant helps reduce cholesterol.
- Eggplant is also high in fiber.

Planting

Plant 5/10-5/25

(Guidelines for planting in raised beds)

Transplants: Plant transplants 18-24" apart in rows that are also 18-24" apart. When planting in a 4'x12' raised bed, plant transplants three across and seven down.

Seeds: We recommend not starting eggplants from seed outdoors. However, seeds may be started indoors under lights 5 to 7 weeks before the outdoor planting date.

Harvest & Storage

Size is not the indication for eggplant readiness. Eggplants are generally ready for harvest when they have tight skin that, when touched, will indent but slowly bounce back. Harvest the plant by snipping the stem 1 inch above the fruit. Eggplants may be stored at room temperature for 2-3 days.

Care

Plants: Water when top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw to keep the soil moist. Stake the plants that are over 24 inches tall for support.

Recipe

Wash all vegetables before using

Baba Ghanoush

1 large eggplant

1/4 cup tahini

1/4 cup fresh-squeezed lemon juice

3 cloves minced garlic

1 pinch ground cumin

1 tablespoon extra virgin olive oil

1 tablespoon chopped fresh parsley

Preheat oven to 375 degrees. Grill the eggplant for 15 minutes before transferring it to the oven. After 15 minutes, remove from oven and peel off skin after it cools. In a bowl, mash up the eggplant flesh to a paste. Mix in the tahini, garlic, lemon juice and cumin. Drizzle with olive oil, sprinkle with parsley and enjoy!



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