

Did you know?

New Jersey, "The Garden State," produces 66% of the world's eggplants.

Overview

- Eggplants originated in India and China.
- Eggplants are often used as a meat substitution in vegetarian dishes due to their meaty texture.
- Eggplants can be used as natural dye due to their rich purple pigment.
- Eggplants can be cooked in a variety of ways including stewing, frying, roasting and grilling.

Production

Eggplants grow the fastest in climates between 70-85 degrees.

New Jersey is the top producer of eggplants in the U.S.

Eggplants take about 100-120 days to grow from seed to harvest.

Eggplants grow and hang from the branches of a plant that can grow several feet high, like tomatoes and peppers.

Eggplant

Kingdom: Plantae

Order: Solanales

Family: Solanaceae

Genus: Solanum

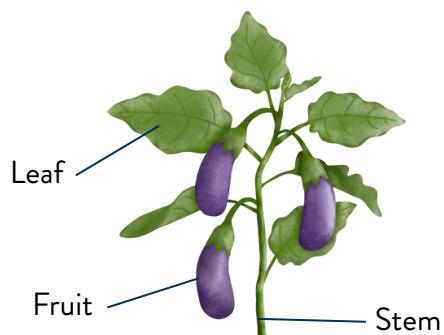
Species: Solanum melongena

Nutritional Information 1 cup

Calories 20.5	Fat 0.1 g
Protein 0.8 g	Potassium 118 mg
Carbs 4.8 g	Sodium 1.6 mg
Sugar 2.9 g	
Fiber 2.4 g	



Eggplant Anatomy



Sources

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