

Eggplant



Eggplant Facts

- Did you know eggplants are a member of the nightshade family? *(They are closely related to tomatoes, potatoes and hot peppers.)*
- Eggplants originated in India and were white and looked like eggs when hanging from the plant.
- Eggplants are purple, green, white, striped and even orange? *(The common variety in the U.S. is deep purple to almost black.)*
- Eggplants are commonly used as a meat substitute.
- Most eggplants are pear shaped or elongated.
- They range in size from a golf ball to a football.
- They contain small, soft, edible, bitter seeds and are not eaten raw. *(It is too bitter!)*
- There are Japanese, Oriental and Chinese eggplants that have the shape of a cucumber and a thin edible skin.
- Florida and New Jersey are the top producers of eggplant.
- If you rinse and salt eggplant, it helps eliminate the bitterness and prevents it from absorbing a lot of oil when frying or sautéing.
- Eggplant is a berry that forms after the flower drops. *(Early in the season eggplants produce star-shaped blue-violet flowers.)*
- Some cultures still think the eggplant is poisonous. *(A legend has it that an Indian ate some raw bitter eggplant and had a fit. People thought the eggplant had poisoned him. In some areas it is known as “mad apple”, “bad egg” or “bad apple”.)*
- There are male and female eggplants.

