



Know What You Grow!



Eggplant

Scientific Name: *Solanum melongena*

Recommended Varieties:

- Little Prince Renee's
- Violetta Lunga Renee's
- American Black Bell & Black Beauty
- Japanese Millionaire
- Italian Little Finger

Common Pest(s):

Spider mites, green peach aphids, flea beetles and wire worms. Blight, and fruit rot from fungus.

Photos: Creative Commons

[Anrcatalog](#)

Growing Information

Warm Season Plant

Eggplant does not tolerate frost. A long growing season of 80 days is required for a transplanted crop. Optimal temperatures are 78° F days and 68° F nights.

Ideal Planting Window

Inland Valley - April - May

Desert - February – April

Growing Guidance

If starting from seeds, make sure the soil is between 75° and 85° Fahrenheit. Use a heating mat if necessary. They'll need these warm temperatures and two to three weeks to germinate. Start seeds in soil ¼ of an inch deep. Thin seedlings so they are 2 to 3 inches apart.

Further information: [Gardening Know How](#)



Interesting Facts

Eggplant or aubergine is a species of nightshade grown for its edible fruit.

Botanically, eggplant is a berry, just like blueberries, watermelon, or tomatoes. In botany, a berry is a fruit in which the entire ovary wall ripens into an edible, relatively soft pericarp.

Culinarily, it's a vegetable, as it's used in main dishes and not eaten for sweetness.

Its origin is considered to be India where it continues to grow wild. This spiny, bitter, orange, pea-sized fruit has been cultivated throughout India and China for more than 1500 years.

As trade routes opened, eggplant was introduced to Europe by the Arabs and transported to Africa by the Persians. The Spaniards carried it with them to the New World and, by the early 1800s, both white and purple varieties could be found in American gardens.

The raw fruit can have a bitter taste, or even an astringent quality, but becomes tender when cooked and develops a rich, complex flavor.

Due to its texture and bulk, it is sometimes used as a meat substitute in vegan and vegetarian cuisines.

[Just Fun Facts](#)

Nutritional Information

Nutritional Value

One cup (82 grams) of raw eggplant contains the following nutrients:

Calories: 20, Carbs: 5 grams, Fiber: 3 grams, Protein: 1 gram, Manganese: 10% of the RDI, Folate: 5% of the RDI, Potassium: 5% of the RDI, Vitamin C: 3% of the RDI

[Healthline](#)

Recipe: Baked Eggplant Strips



Ingredients:

10 oz eggplant, from 1 small or 1/2 large
1 tsp olive oil
1/2 tsp kosher salt and fresh cracked pepper
1/2 cup Italian seasoned breadcrumbs
2 tbsp Parmesan cheese
1 large egg white
oil spray
1 cup [quick marinara sauce](#) for dipping

Prepare:

Preheat oven to 450° F. Line two baking sheets with parchment paper and lightly spray with oil. Place eggplant strips in a bowl and season with olive oil, salt and pepper. Set aside. Combine breadcrumbs and parmesan in a bowl, and egg whites in another. Dip a few strips of eggplant at a time into the egg whites, then the bread crumbs. Use a fork to remove the eggplant from the crumbs and place on the baking sheet. Spray with more oil and bake for 10 minutes. Turnover and bake for 5 more minutes or until golden. Serve hot.

[Skinny Taste](#)

Contact Information



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