

# Harvest of the Month



September



Eggplant



## Pick:

- Choose firm, smooth skinned eggplants that feel heavy for their size.
- Ripe eggplant responds to slight pressure from your thumb and will spring back.

## Store:

- Eggplants perish quickly once the skin is punctured. Store an eggplant uncut in the refrigerator and use within a few days.

## Prepare:

- The skin on eggplant is edible but may become bitter; most recipes call for peeled eggplant.
- Cut eggplant just before cooking as the flesh discolors rapidly.

## Nutrition Info

One cup of cooked cubed eggplant has only 35 calories and provides fiber and potassium.

## Fun Facts

Eggplants are actually a fruit and the seeds are on the inside. However, we prepare and eat eggplant like a vegetable.

The most common type of eggplant in the U.S. is the Black Magic Eggplant that is long, plump, and deep purple. But there are many other varieties including the Thai Eggplant, which is purple and the size of a golf ball.

Did you know that the name for the color of eggplant is aubergine? The word aubergine also means eggplant in some other countries!

## Uses

Eggplant can be grilled, baked, roasted, fried or sautéed.

Eggplant is a great addition to a stir fry or pasta dishes! If desired, sprinkle cut eggplant with salt before cooking to remove excess water.

## Family Friendly Activities

Let your kids plan the dinner menu one night and encourage them incorporate the “secret ingredient” eggplant! Once the kids have the menu planned take them to the grocery store or farmers’ market to pick out all the ingredients. Then get them involved in making the meal and setting the table for a delicious family meal!

## Farm to School Updates

The Holmen School District has previously raised chickens for use in their school meals program, but this year they are taking it up a notch further! In addition to the chickens, they are also raising 17 hogs! The hogs are being raised by students as an FFA (Future Farmers of America) project. They will then be processed at Craig's Meats in Mindoro, a state inspected facility, and the meat will be used in the lunch program. The district is planning to serve pork chops and brat burgers, add Italian sausage to some casseroles, and even offer BBQ ribs to students at the high school. The hogs will supply the district with over 3,000 pork chops alone!

## Nutrition Facts

Serving Size (163g)  
Servings Per Container 10

Amount Per Serving

**Calories** 120    **Calories from Fat** 80

% Daily Value\*

**Total Fat** 9g    **14%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 120mg    **5%**

**Total Carbohydrate** 11g    **4%**

Dietary Fiber 5g    **20%**

Sugars 4g

**Protein** 3g

Vitamin A 0%    • Vitamin C 15%

Calcium 2%    • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Baba Ganoush (Eggplant Dip)

Serves 10

### Ingredients:

3 medium eggplants

3 Tbsp. olive oil

1/3 cup tahini (sesame seed paste)

2 cloves garlic, peeled and crushed

Juice from 2 lemons (about ½ cup)

Salt and pepper to taste

### Directions:

Preheat the oven to 450 degrees. Rub the outside of the whole, unpeeled eggplants with olive oil and place them in a roasting pan. Roast the eggplant until the skin has charred and the interior is tender, about 15 to 20 minutes. Let cool. Peel and seed the cooled eggplant, roughly chop the flesh, and then transfer to the bowl of a food processor (or blender) and add tahini, garlic, lemon juice, salt and pepper. Process the mixture to a coarse paste, adding water or more olive oil as needed to allow the mixture to blend. Serve as a dip or use as a tasty spread for sandwiches!

For more information on Farm2School visit: [www.laxF2S.org](http://www.laxF2S.org).

Color  
Eggplant!

