
Selection

When selecting eggplants be sure that they are firm and heavy for their size. Their skin should be smooth and shiny and their color should be vivid. The stem and cap on either end of the eggplant should be bright green.

To test the ripeness, gently press the skin with the pad of your thumb and if it springs back it is ripe, if it doesn't then it is not ripe.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Uncut and unwashed eggplant should be placed in a plastic bag and put in refrigerator crisper where it will keep for a few days. If too big then place on shelf, do not force into drawer.
 - ◆ Wash produce under running water only right before eating or cooking.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
 - ◆ When you spend money locally, it helps to keep small businesses open and build up your community.
 - ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles.
 - ◆ You are making a healthy choice for you and your family.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Veggie Bites



Eggplant Berenjena

Uses

Eggplant can be puréed, roasted, used as a dip, put into soups, grilled, stuffed or used in stir fry.

Eggplant is very healthy for you as it has a lot of vitamins and minerals as well as phytonutrients, which have antioxidant properties,



Eggplant Mozzarella

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of Fiber
- ◆ Good source of Vitamins K, B1, B6 & B3
- ◆ Good source of Manganese

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Primary Sources: WH Foods; Photos found on Google images

Try It!

Eggplant Mozzarella

INGREDIENTS

1/2 cup	Chopped green onion
1/2 cup	Mushrooms, sliced
1/4 cup	Water
2 cups	Spaghetti sauce
1/2 tsp.	Salt
1	Small eggplant, peeled & sliced
1	Egg white, slightly beaten
1 Tbsp.	Water
1/2 cup	Flour
1 tsp.	Olive oil
1 cup	Low fat cottage cheese
1 cup	Shredded mozzarella cheese

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a large saucepan over low heat, cook green onion and mushrooms in 1/4 cup water. Add spaghetti sauce, bring to a boil. Reduce heat; simmer 20-25 minutes.
3. Sprinkle salt over sliced eggplant; set aside to drain about 10 minutes.
4. In a shallow bowl, beat egg white and water together. Dip eggplant in egg mixture, then into flour.
5. In a large non-stick skillet, heat a few drops of oil over medium heat.

6. Add eggplant slices and cook until browned, turning once; drain on paper towel. Continue until all slices are cooked.
7. In a 13"x9" casserole, spread about 1/2 cup sauce, add a layer of eggplant, top with 1/2 cup cottage cheese and more sauce. Repeat until all ingredients are used, ending with sauce.
8. Sprinkle mozzarella cheese. Bake uncovered for 30 minutes.
9. Let stand 5 minutes before serving.

Yield: 9 servings

Recipe Source: www.recipesource.com

History & Fun Facts

The ancient ancestors of eggplant grew wild in India and were first cultivated in China in the 5th century B.C.

Eggplant was introduced to Africa before the Middle Ages and then into Italy, the country with which it has long been associated, in the 14th century. Centuries later it was brought to the Western Hemisphere by European explorers.

Italy, Turkey, Egypt, China and Japan are the leading growers of eggplant.