

Guide to Growing Eggplant



Profile and Nutrition Facts

When cooked, eggplant is a tender and creamy vegetable. Some people compare its taste to a milder version of a zucchini. Eggplant is high in Vitamin A, Vitamin C, and potassium.

Eggplants come in a variety of shapes, sizes, and colors. Some recommend varieties include Black Magic, Dusty, and Black Beauty.

Planting guide

Eggplant can be planted when the temperature is around 70 F in full sun. To avoid diseases, plant in an area that has not recently grown tomatoes, potatoes, and peppers. When planting, add compost to soil to promote strong root and base growth.

How to maintain

The soil should be moist and well-drained. It's recommended to put layer of mulch around the eggplant to help the soil retain moisture. Eggplants are susceptible to a variety of pests and beetles. While plants do not need to be caged, supports are helpful for larger variety fruit.

How to harvest

Eggplant can be harvested 65-80 days after planting, although varieties differ. When harvesting, choose eggplants that have a smooth and glossy skin and that are semi firm to the touch. Pick eggplants by cutting an inch above the stem.



How to enjoy eggplant

Eggplant can be eaten cooked or raw. Most people enjoy it cooked, because it can have a bitter taste when eaten raw. It's amazing gilled, on top of a pizza, and in a pasta. For a low carb option, replace noodles with eggplant in lasagna. When consuming eggplant, be sure not to eat the leaves, stems, roots, and flowers because they are toxic.