



Eggplant

What Am I?

Most eggplants are a glossy, oval-shaped vegetable with a purple-black color. There are also varieties of eggplants that are orange, white, red, or green that vary in shapes and sizes.

How Do I Grow?

- Eggplants are warm-season vegetables that grow best between the temperatures of 70-80 degrees Fahrenheit.
- They grow on a shrubby plant that gets weighed down once the vegetables approach maturity.
- They reach maturity in 100-120 days if planted from a seed.



Nutrition

Eggplant peels contain fiber that can help with digestion. Eggplants also contain vitamin B6, potassium and folate.

Fun Facts

- Eggplants are related to potatoes, tomatoes and peppers.
- We call eggplants a vegetable, but they are actually considered a fruit.
- The state of New Jersey produces the most eggplants in the U.S.
- Egg
- China and India produce the most eggplant in the world.

