

EGGPLANT

(Solanum melongena)



A few facts

- Eggplant grows as a shrub about 1m x 1m and is perennial
- The fruits grow in many varieties and are eaten widely around the world and particularly in Asia and Europe, but are thought to have been domesticated from the wild in India.
- Eggplants grow in temperate and Tropical climates.
- It is the fruits that are eaten and are also known in English as Aubergine or Brinjal in Indian
- The plant is in the nightshade family (like tomato and potato)

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(*Solanum melongena*)

How to grow

- Eggplant loves full sun and good watering
- The plants grow all year and long Asian, green Thai and pea eggplants grow especially well in the wet season, but go all year
- A medium amount of fertilizing is required and some training with canes as the plants tend to be top heavy and straggly (like tomatoes)

How to grow more

- Eggplant can be grown from seed, but are not as fast to germinate and grow as other seeds/ plants.
- Plant seeds in trays or pots first and then transplant into the ground
- When transplanting remember they spread out quite a lot when mature

When to plant them/ grow them

- These can be planted all year round, but love humid conditions (wet season) especially. Avoid the build up to plant seeds.

How to eat them

- Eggplant needs to be cooked, or at the very least marinated
- Eggplants absorb a lot of oil and flavor into their spongy flesh.
- Different varieties are used in different dishes. Small pea, round and long eggplant can be used in stir fries and curries, pickles
- Long or large purple eggplant can be roasted and put into salads, veggie stacks, stuffed or roasted on a fire and made into dips.
- Eggplants themselves are relatively low in nutrition content.