

FRY FAMILY FARM CSA NEWSLETTER

Volume 4 issue 10. August 7 2008

Eggplant Facts

- AKA-Aubergine or Brinjal.
- The name *eggplant* developed in the United States, Australia, New Zealand, and Canada because the fruits of some 18th century European cultivars were yellow or white and resembled goose or hen's eggs.
- Eggplant is effective in the treatment of high blood cholesterol.
- It can block the formation of free radicals, help control cholesterol levels and is also a source of folic acid and potassium.
- The fruit is antihemorrhoidal and hypotensive. It is also used as an antidote to poisonous mushrooms. It is bruised with vinegar and used as a poultice for cracked nipples, abscesses and hemorrhoids
- According to the USDA, production of eggplant is highly concentrated, with 93 percent of output coming from seven countries. China is the top producer (55% of world output) and India is second (28%); Egypt, Turkey, and Japan round out the top producing nations. United States is the 20th largest producer. More than 4 million acres (16,000 km²) are devoted to the cultivation of eggplant in the world.

In your Box:

Partial Share:

Green Butter -
Lettuce
Cucumbers
Green Peppers
Summer Squash
Basil
Kohlrabi???
Yellow Doll Water-
melon
Globe Eggplant
Red Onion
Lemon Cucumbers
Fennel Bulb

FLOWERS: :

Amazon Dianthus

In your Box:

Full Share:

Red Butter Lettuce
Green Butter Lettuce
Swiss Chard
Cucumbers
Green Pepper
Summer Squash
Basil
Parsley
Kohlrabi
Yellow Doll Watermelon
Globe Eggplant
Red Onions
Lemon Cucumbers
Fennel

FLOWERS: :

Amazon Dianthus

Eggplant, raw

Nutritional value per 100 g (3.5 oz)

Carbohydrates	5.7 g
- Sugars 2.35 g	
- Dietary fiber 3.4 g	
Fat	0.19 g
Protein	1.01 g
Thiamin (Vit. B1) 0.039 mg	3%
Riboflavin (Vit. B2) 0.037 mg	2%
Niacin (Vit. B3) 0.649 mg	4%
Pantothenic acid (B5) 0.281 mg	6%
Vitamin B6 0.084 mg	6%
Folate (Vit. B9) 22 µg	6%
Vitamin C 2.2 mg	4%
Calcium 9 mg	1%
Iron 0.24 mg	2%
Magnesium 14 mg	4%
Phosphorus 25 mg	4%
Potassium 230 mg	5%
Zinc 0.16 mg	2%
Manganese	0.25 mg

Ratatouille

Ingredients:

2 T. Olive Oil
3 Cloves Garlic, minced
2 T. Parsley
1 Eggplant, cut into 1 inch cubes, salted
1 cup grated parmesan
2 zucchini sliced
1 large onion sliced into rings
2 cups sliced fresh mushrooms
1 green bell pepper, sliced
2 large tomatoes, chopped
1/4 cup basil

Directions:

1. Preheat oven to 350. Coat bottom and sides of a 1 1/2 quart casserole dish with 1 T. Olive oil.
2. Heat remaining 1 T. Oil in a skillet over medium heat. Sauté garlic until lightly browned. Mix in parsley and eggplant. Sauté until eggplant is soft, about 10 minutes. Season with salt to taste.
3. Spread eggplant mix across bottom of casserole dish. Then layer zucchini, onion, mushroom, bell pepper, and tomato covering each one with a sprinkling of salt, basil, and cheese.
4. Bake in preheated oven for 45 minutes.

Baba Ghanouj

This Middle Eastern eggplant spread is a delicious dip for raw vegetables, crackers, crostinis or pita slices.
Servings: Makes about 1 3/4 cups.

2 1-pound eggplants, halved lengthwise
1/4 cup olive oil
1/4 cup tahini (sesame seed paste)
3 tablespoons fresh lemon juice
1 garlic clove, chopped
Pita bread wedges

Preheat oven to 375°F. Generously oil rimmed baking sheet. Place eggplant halves, cut side down, on sheet. Roast until eggplant is very soft, about 45 minutes. Cool slightly. Using spoon, scoop out pulp from eggplant into strainer set over bowl. Let stand 30 minutes, allowing excess liquid to drain from eggplant.

Transfer eggplant pulp to processor. Add 1/4 cup oil, tahini, lemon juice, and garlic; process until almost smooth. Season to taste with salt and pepper. Transfer to small bowl. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.) Serve with pita wedges.