



History/Origin

- ☆ Eggplant is native to India and Pakistan and was first domesticated **over 4000 years ago**.
- ☆ While the Spaniards were traveling the globe, they took the eggplant to **South America around 1650**.
- ☆ **Thomas Jefferson**, who was well known for promoting horticulture, introduced eggplant to the **United States in 1806** after receiving an eggplant from a friend in France.



EGGPLANT

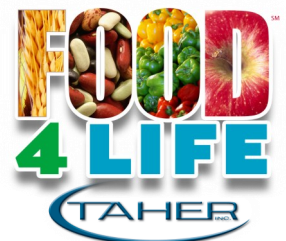


Botanical

- ☆ Eggplant is a member of the nightshade (**Solanaceae**) family, which includes tomatoes and potatoes.
- ☆ Although we use eggplant as a vegetable, botanically it is really a **fruit**.



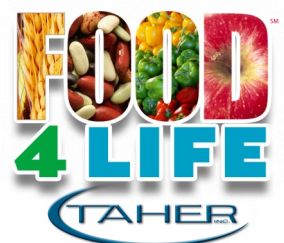
- ☆ The English named it “eggplant” because some 18th century cultivars were **white or yellow** and resembled **goose or hen’s eggs**.





Nutrition

- ☆ Eggplant contains substantial amounts of many of the **essential nutrients** and is **low in calories**.
- ☆ It is an **excellent source of dietary fiber**, which helps to:
 - ★ remove toxins from the body,
 - ★ lower cholesterol, and
 - ★ reduce the risk of colon cancer.
- ☆ Eggplant is a good source of:
Vitamin C, Potassium & Calcium.





Fun Facts

- ☆ An eggplant is almost **95% water!**
- ☆ **China is the top eggplant producer** in the world.
- ☆ The most common variety in the United States is “**Black Beauty**” (large, dark glossy purple variety).
- ☆ According to a 5th Century Chinese scroll, fashionable Chinese women used the purple **eggplant skin to make black dye** and stained their teeth for fashionable cosmetic use.

