

GROWING GOOD HEALTH



Black Beauty Eggplant



Black Beauty Eggplant is a tender variety of eggplant that tastes great and can be used in a variety of ways. Eggplant likes warm weather, and, if harvested and watered regularly, will produce a lot of fruit. These eggplant make great dishes fried or roasted. You can also try turning them into a baba ganoush as a spread for toast, crackers, or a vegetable plate.

Growing Tips

Light Requirements: Full Sun

Space Requirements: 24-36 inches apart

Water Requirements: Keep soil moist throughout the season. Keeping eggplant watered will reduce risk of blossom rot.

Soil Requirements: Well draining and nutrient-rich soil.

Harvesting: Eggplant is ready when the skin is glossy. A dull skin indicates it is over or under ripe.

Storage: If using within a couple of days, eggplant keeps well at room temperature. Otherwise, wrap in a paper towel in a loosely closed bag in the refrigerator for 5-7 days.

Nutritional Information

Calories: 19

Total fat: 0.2 g

Cholesterol: 0 mg

Sodium 2 mg

Total Carbohydrate: 4.7 g

Dietary Fiber: 2.8 g

Sugar: 1.9 g

Protein: 0.8 g

Vitamin A: 22 IU

Vitamin C: 2 mg

Calcium: 7 mg

Iron: 0.2 mg

