



# Eggplant

## Planting from Seed

**When to start seeds indoors:** 6-8 weeks before the spring frost date

**Earliest date to transplant hardened off seedlings:**

2-3 weeks after spring frost date

**Days of Germination:** 7-14 days (in optimal conditions)

## Planting in the Garden

**Recommended garden type and method:** Field grown, hoop house, do well in poor soil, no nitrogen fertilizer, use row cover. Eggplants love hot weather.

**Spacing:** 18" – 24" apart

**Companion plants:** spinach, nasturtiums, marigolds

## Harvesting

1 seed = 1 plant = 4-6 fruits depending on variety

**Days to Harvest:** 65-80 days after transplant

**Directions:** Harvest young when fruits are glossy and skin does not rebound to gentle finger pressure. When cut open seeds should be visible but soft and not brown. Cut the fruit off the branch with a sharp shears or scissor leaving about an inch of stem on the top. Do not wash, avoid damaging the skin and store at temps no lower than 50°.

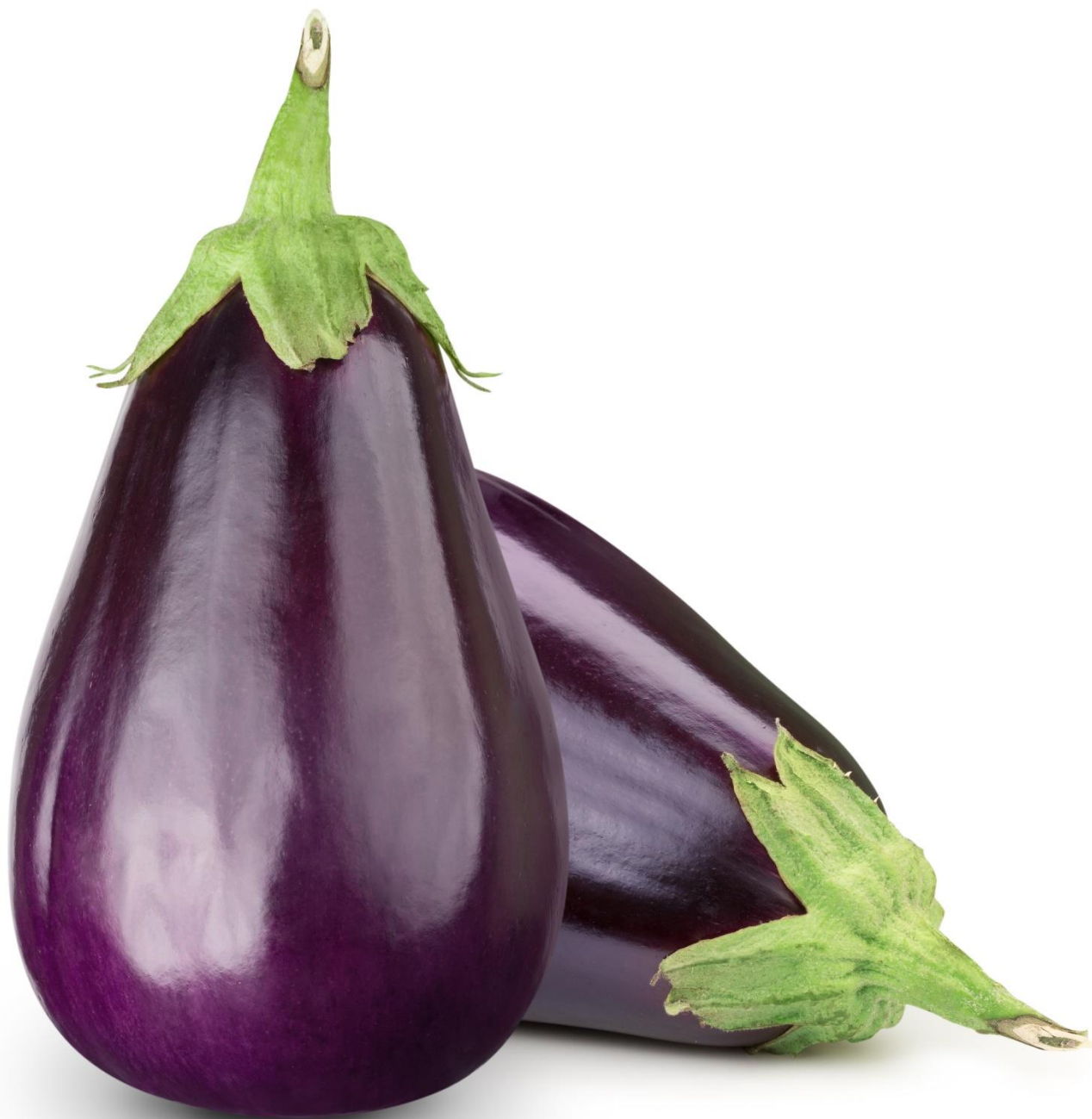
## Use in the Kitchen

**Vegetable subgroup:** Other

**Preparation:** Wash, slice or dice

**Menu Planning Ideas:** Roast, ratatouille, eggplant parmesan

**Suggested Flavor Enhancers:** Garlic, oregano, nutmeg and cinnamon, soy sauce, sesame



## The Lifecycle of Farm to School

This institution is an equal opportunity provider.