



Hey kids, become a
FOOD EXPLORER
and check out this
Month's Discovery...

Eggplant



Did you know...?

- In parts of Europe, some people thought that eating eggplant caused madness, leprosy, and bad breath. Europeans called it the “mad apple.”
- Shape is not the only reason for the name “eggplant.” Some are also white.
- In the plant kingdom, eggplants are considered berries.
- Thomas Jefferson brought the first eggplants to America. He loved to experiment with new plants.
- Eggplant is related to potatoes, tomatoes, and peppers.

DELICIOUS AND NUTRITIOUS

- Eggplants are fat-free, low in calories, and high in fiber.
- Ratatouille is a wonderful hot stew made with eggplant, tomatoes, onions, green peppers, zucchini, herbs, and seasonings. It's perfect for a cold winter's day.

A SUPER SNACK IDEA

Eggplant makes a great spread or dip. Try something called Baba ghanoush. (It's even fun to say!) Blend the flesh of a fully-cooked eggplant with garlic, lemon juice, tahini (a sesame seed butter, like peanut butter), and parsley. It's great with pita bread and fresh raw vegetables.

EGGPLANT HUMOR

What do chickens grow on?
Eggplants