

Ratatouille

- 1 onion, sliced into thin rings
- 2 cloves of garlic, minced
- ½ medium eggplant, cubed (3 cups)
- 1 medium zucchini, cubed (3 cups)
- 1 medium yellow squash, cubed (3 cups)
- 3 cups fresh peppers, chopped (green, yellow, orange or red as desired)
- 2 plum tomatoes, chopped (1 cup)
- 2 tablespoon olive or vegetable oil
- 1 bay leaf
- 1 tablespoon chopped parsley
- 2 sprigs thyme

Heat 1 tablespoon of oil in a large pot over medium-low heat. Add onions and garlic and cook until soft.

In a large skillet, heat 1 tablespoon of oil and sauté the zucchini until slightly browned. Remove zucchini from skillet and place in pot with the onions and garlic. Sauté all remaining vegetables in same skillet, adding additional oil as needed. Add vegetables to pot after sautéing.

Add the bay leaf and thyme. Cover and cook over medium heat for 15-20 minutes.

Add the chopped tomatoes and parsley, cook for another 10-15 minutes. Stir occasionally. Remove the bay leaf and serve.

Yield: 12 servings; serving size 1 cup, (45 calories, 2.5 grams fat, 0 mg cholesterol, 2 grams fiber, 5 mg sodium)

Grilled Eggplant

- 2 medium eggplants (about 2 pounds)
- ¼ cup olive or vegetable oil
- 2 tablespoons lemon juice
- 2 teaspoons dried oregano
- 2 cloves garlic, crushed

Preheat gas grill to medium. Mix oil, lemon juice, oregano and garlic. Cut eggplants into 1½-inch slices. Dip slices into oil mixture. Cover and grill eggplant slices 4 to 6 inches from medium heat for 8 to 12 minutes, brushing 2 or 3 times with oil mixture and turning once, until tender.

Yield: 8 servings; serving size 2 slices, (100 calories, 7 grams fat, 0 mg cholesterol, 5 grams fiber, 0 mg sodium)



Created June 2013, updated 2020)

Herkimer County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



**CREATING
HEALTHY
PLACES**
to LIVE WORK & PLAY

Cornell Cooperative Extension Herkimer County

www.cce.cornell.edu/herkimer



Find us on
Facebook

Follow us on
Twitter



HERKIMER COUNTY
HealthNet

<https://www.healthnetinc.org/>

Creating Healthy Places

Eggplant



Herkimer County Produce Cycle



PLANT * GROW

- ◆ Eggplant is a member of the nightshade family which include tomatoes, peppers and potatoes. To help reduce disease, do not plant eggplant or other nightshade crops in the same location more than once every three or four years.
- ◆ Eggplant is a heat loving annual plant that needs two or more months with night time temperatures near 70°F for good fruit production.
- ◆ Plant in full sun in garden or container.
- ◆ Start seeds inside 6 weeks before last frost or 8 weeks before transplanting.
- ◆ Keep soil warm. Seeds will not germinate in temperatures below 70°F.
- ◆ Plant seedlings outside when soil warms to above 60°F with no danger of frost. Cool temperatures will result in poor fruit set.
- ◆ Set transplants 18-24 inches apart.
- ◆ Use row covers to protect plants from pests.
- ◆ Mature plants grow from 2-4 feet tall and spread from 2-4 feet wide.
- ◆ Harvest eggplants before seeds become fully mature and skin color is uniformly dark.
- ◆ Frost will kill eggplant. Pinch blossoms off 2-4 weeks before first expected frost so plants channel energy into ripening existing fruit.

Cornell University Home Garden Websites:

General gardening:

<http://gardening.cals.cornell.edu/>

Eggplant specific:

<http://www.gardening.cornell.edu/homegardening/scene26b5.html>

ENJOY YOUR EGGPLANT

- ◆ Eggplant is a low calorie food; contains a variety of vitamins in small amounts; is a good source of fiber; and contains no sodium.
- ◆ Add eggplant early in your stir-fry so it cooks through and is tender.
- ◆ Roast a small eggplant at 350°F for 45-60 minutes, until very tender. Cool, peel and cut into cubes. Add to tomato sauce with fresh basil. Serve over pasta or brown rice.
- ◆ Top a pizza with cubes of raw eggplant. Add tomatoes, black olives and red onion.
- ◆ Slice eggplant into rounds. Dip into beaten egg whites; then in bread crumbs. Sprinkle with Parmesan cheese; and bake until tender.
- ◆ Cut eggplant into cubes and add along with your usual grilled kebab favorites.
- ◆ Slice an eggplant lengthwise into thin slivers and use in lasagna in place of noodles.
- ◆ Cut eggplant into cubes and add to your favorite curry sauce. Simmer until tender and serve over brown rice.

Websites for Healthy Eating:

USDA: www.myplate.gov

Cornell University Food & Nutrition Education in Communities (FNEC): <https://fnec.cornell.edu/>

PURCHASE

- ◆ Eggplant is available at farmers' markets from July to September.
- ◆ Look for ones that are heavy with smooth, unblemished skins. Ripe eggplant should give a little when lightly pressed; but should not give so much that dents remain.

PRESERVE

Eggplant does not store well as it easily bruises in cold temperatures; but it can be stored in the refrigerator for a few days.

Freezing: Wash, peel and slice 1/3-inch thick. Blanch 4 minutes in water bath containing 1 gallon of water and 1/2 cup lemon juice. Cool, drain, package and freeze leaving 1/2-inch headspace.

Food Preservation Websites:

National Center for Home Food Preservation:

www.homefoodpreservation.com

CCE Herkimer County Food Preservation Resources:

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/food-preservation-resources/>



RECYCLE * COMPOST

- ◆ Disease free eggplant scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- ◆ Vegetable scraps are the "green" additions to your compost.

Composting Resources:

Cornell Waste Management Institute:

<http://cwmi.css.cornell.edu/resources.htm>

Composting at Home publication:

<http://cwmi.ccs.cornell.edu/smallscale.htm>