

In The Bag
Potomac Vegetable Farms
Week #13: August 26, 2012
Featuring: Eggplant

This is what we anticipate will be in your bag. It could be slightly different.

Mini: garlic, potatoes, squash, beans, peppers, garlic chives, corn, salsa kit

Regular: onions, potatoes, beans, peppers, chard, celery, Sun Jewel melon, eggplant, corn

Robust: garlic, potatoes, squash, beans, peppers, chard, celery, Sun Jewel melon, eggplant, corn

Tomatoes go on the counter. Squash, eggplant and garlic do well there, too. Potatoes go in a cool, dark place. Beans, chard, corn, carrots, melons, and peppers are happy in the fridge.

Featuring: Eggplant

There's rarely a deluge of eggplant, but it does trickle in steadily over the summer season and can be a more challenging vegetable to cook with or disguise.

We grow both Italian and Japanese varieties of eggplant. Italian eggplant is round and bulbous, while Japanese is long and skinny. Both come in a variety of colors from green to white to deep, dark purple. Eggplant is in the same family as tomatoes and potatoes--nightshade--and is technically classified as a berry.

The raw fruit can be somewhat bitter, but becomes tender when cooked and develops a rich, complex flavor. Many recipes advise salting, rinsing and draining of the sliced fruit mainly to remove the bitterness of the earlier cultivars, but also to soften it and reduce the amount of fat absorbed during cooking. Some modern varieties - including large, purple varieties commonly imported into western Europe - do not need this treatment. The fruit is capable of absorbing large amounts of cooking fats and sauces, making for very rich dishes. The fruit flesh is smooth the numerous seeds are soft and edible, as is the thin skin.

[Nutritionally](#), eggplant is an excellent source of fiber and manganese, and a good source of folate, vitamin K, and other vitamins and minerals. It's also considered a brain food, high in antioxidants and phytonutrients.

Preserving Eggplant

Eggplant packed in olive oil (not canned):

<http://www.theslowcook.com/2009/09/03/preserving-eggplant-in-olive-oil/>

Freeze your eggplant: <http://www.pickyourown.org/freezingeggplant.htm>

Make and freeze eggplant cutlets: <http://craftmylifeaway.blogspot.com/2012/08/food-preserving-eggplant-cutlets.html>

Dry it! <http://butterflywings.hubpages.com/hub/How-to-Dry-Eggplant-An-Illustrated-Guide>

Pickled Eggplant with Mint and Garlic (canned):

<http://www.serious-eats.com/recipes/2011/11/pickled-eggplant-with-mint-and-garlic.html>

Pickled Balsamic Eggplant (canned): <http://flamingomusings.com/2012/04/melanzana-balsamica-pickled-balsamic-eggplant.html>

Eggplant Recipes

Ottolenghi Soba Noodles: <http://www.potomacvegetablefarms.com/recipe/ottolenghi-soba-noodles/>

Eggplant Salad Toasts: <http://www.potomacvegetablefarms.com/recipe/eggplant-salad-toasts/>

Eggplant and Chickpea Curry: <http://www.potomacvegetablefarms.com/recipe/eggplant-and-chickpea-curry/>

Eggplant Orzo with Toasted Hazelnuts:

<http://www.potomacvegetablefarms.com/recipe/eggplant-orzo-with-toasted-hazelnuts/>

Roasted Eggplant and Za'atar Pizza:

<http://www.potomacvegetablefarms.com/recipe/roasted-eggplant-zaatar-pizza/>

Thai Basil Curry Vegetables: <http://www.potomacvegetablefarms.com/recipe/thai-basil-curry-vegetables/>

Falafel Stuffed Eggplant: <http://afarmerinthedell.com/2012/08/22/falafel-stuffed-eggplant-with-tahini-sauce-and-tomato-relish/>