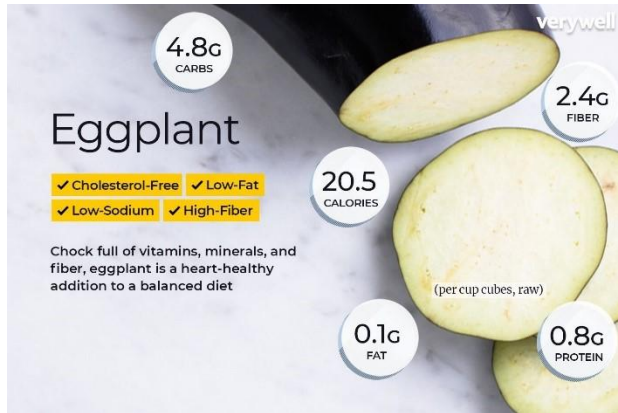


The Famous Nightshade Veggie

Eggplants - An egg-cellent Idea

Eggplants are warm-season vegetables that grow best between the temperatures of 70-80 degrees Fahrenheit.



Eggplant peels contain fiber that can help with digestion. Eggplants also contain vitamin B6, potassium and folate, are high in antioxidants and helpful in reducing the risk of heart disease.

Eggplants are especially rich in anthocyanins, a type of pigment with antioxidant properties that's responsible for their vibrant color. Although eggplants are known for their purple color, they come in a variety of colors, shapes, and sizes.

