



Child Nutrition Program October 2021 Harvest of the Month

Eggplant

Varieties



Globe Eggplant

Also called American Eggplant, these are the largest eggplants. They are great for slicing and grilling. Beware of frying though as they are spongy and soak up oil.



Rosa Bianca Eggplant

This beautiful eggplant has a delicate, less bitter flavor than other varieties. It also has fewer seeds which makes it ideal for cooking.



White Eggplant

White Eggplant are just as delicious as other varieties. They have a mild flavor which makes them perfect in dishes such as Baba Ghanoush, a Middle Eastern eggplant Dip.

Fast Facts

Although eggplants are cooked and prepared like a vegetable in savory dishes, they are actually a fruit!

Eggplants were first documented in India over 4,000 years ago. The eggplants grow like they did then: small, and round with green, white and violet fruit.



Over 85% of the world's eggplants are grown in China and India. In the U.S., eggplant's are grown in Florida, California & New Jersey.

Eggplant are tropical veggie and prefer warmer weather. If you buy fresh, whole eggplant store on the counter instead of the refrigerator.

IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 9 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park

IDEA Eastside
IDEA Quest
IDEA Horizon Vista



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Child Nutrition Program October 2021 Harvest of the Month Recipe

Garlicky Eggplant & Zucchini Sautee



This is a simple dish full of flavor! It is great served with a piece of toasted bread or over steamed brown rice or whole wheat pasta! Make it spicy by adding the crushed pepper, or sprinkle on individual servings.

Ingredients

- 1 tsp of minced garlic
 - 1/2 a pint of cherry tomatoes
 - 3 Tbsp. Olive Oil
 - 1 large eggplant, cut into 1 inch cubes
 - 2 small zucchini, diced into 1 inch cubes
 - 1 red pepper, diced
 - Salt and Pepper to taste
 - 1 tsp. Italian Seasoning
 - 3 fresh basil leaves, or 1/2 tsp dried
 - 1 cup of water or broth
- Optional:
- 1/4 cup of parmesan cheese
 - Crushed Red Pepper, to taste

Directions

1. Pour olive oil into a large skillet. Heat over medium high heat.
2. Add the garlic and sauté until fragrant—about 30 seconds.
3. Add the cubed eggplant and sauté for 2-3 minutes until lightly browned.
4. Add in the zucchini and red bell pepper.
5. Stir to combine. Sautee for 3-4 minutes.
6. Season with salt, pepper and Italian seasoning.
7. Add cherry tomatoes. Stir and cook for 3-4 minutes.
8. Add broth or water and simmer on medium heat for 5-6 minutes or until liquid reduces by half and vegetables are tender.
9. Turn off heat.
10. Serve on a plate and garnish with torn basil leaves and parmesan cheese.



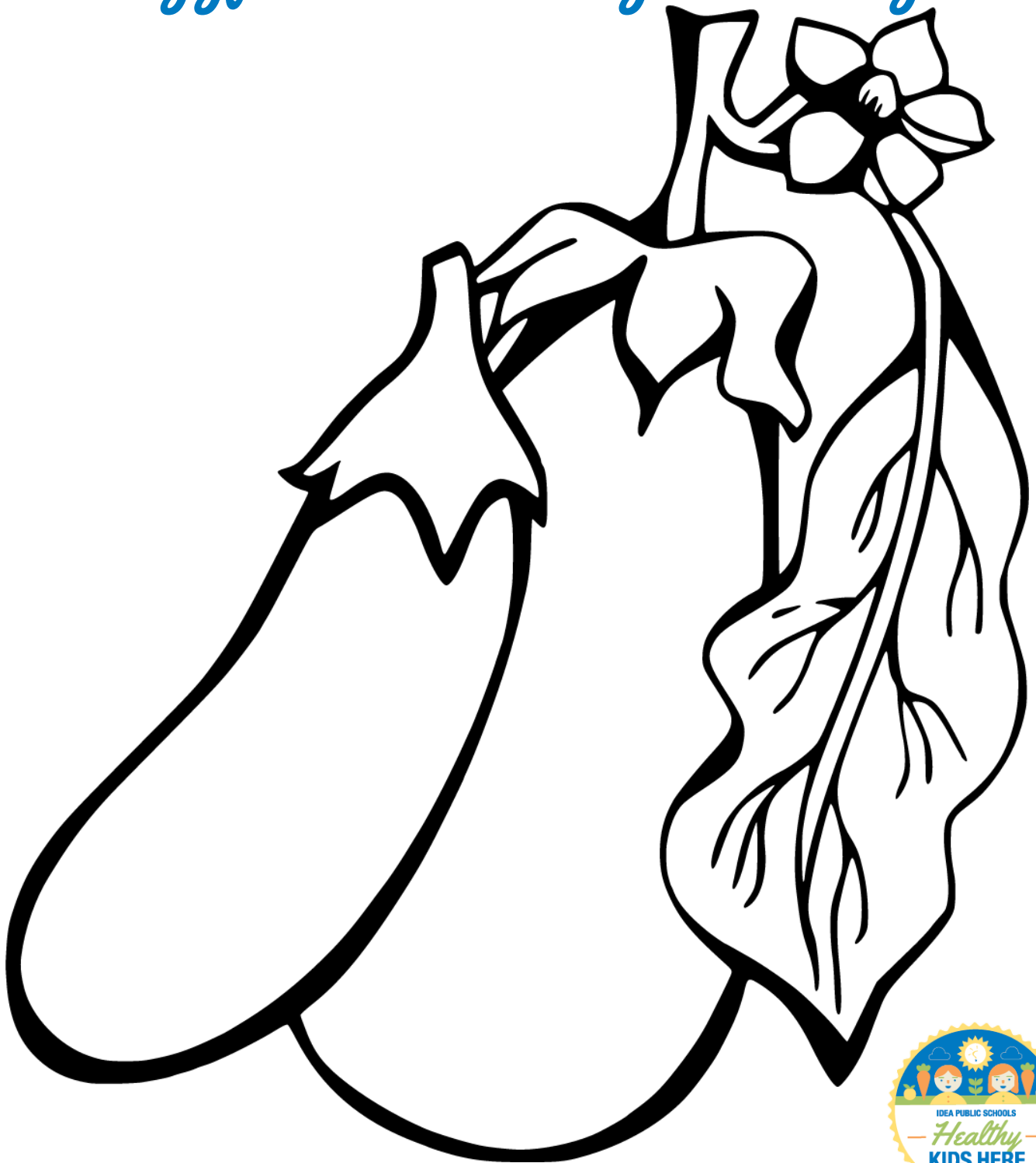
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Eggplant Coloring Activity



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Eggplant Word Search

Directions:

Find the EGGPLANT related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

BIANCA
FLORIDA
OCTOBER
TROPICAL

CALIFORNIA
GLOBE
ROSA
VARIETY

EGGPLANT
HARVEST
SPONGY
WHITE

C U Q U B B U C F A Q B P V Z Y A Q K I
J T V T Z M O Y V L T M C P Z T I C A D
X B J H J D J B G P Y T B L B E G W N T
D I E A B I A N C A S G N E Z I Q H H R
X N S X W J I I L E R O N X J R Y I P O
C O Y T G B Y E V I J I L O O A X T Q P
R A L O Y U G R E B O T C O P V J E Q I
L V L P R G A R F W E N A G F S D O A C
Q G F I P H E H F Q I B U X G H G K U A
B B X L F J Z H Z T T N R M K Q A B M L
V M A H J O L T G E D Y N V V W G L W C
H N F U C V R Y I L C T O G B S P C C Z
T T Y S R Q X N S D O L V D E J H I C L
S G C O N A H C I G O B F L O R I D A Z
P F B Z B O K F I A X O E L O K M H S F



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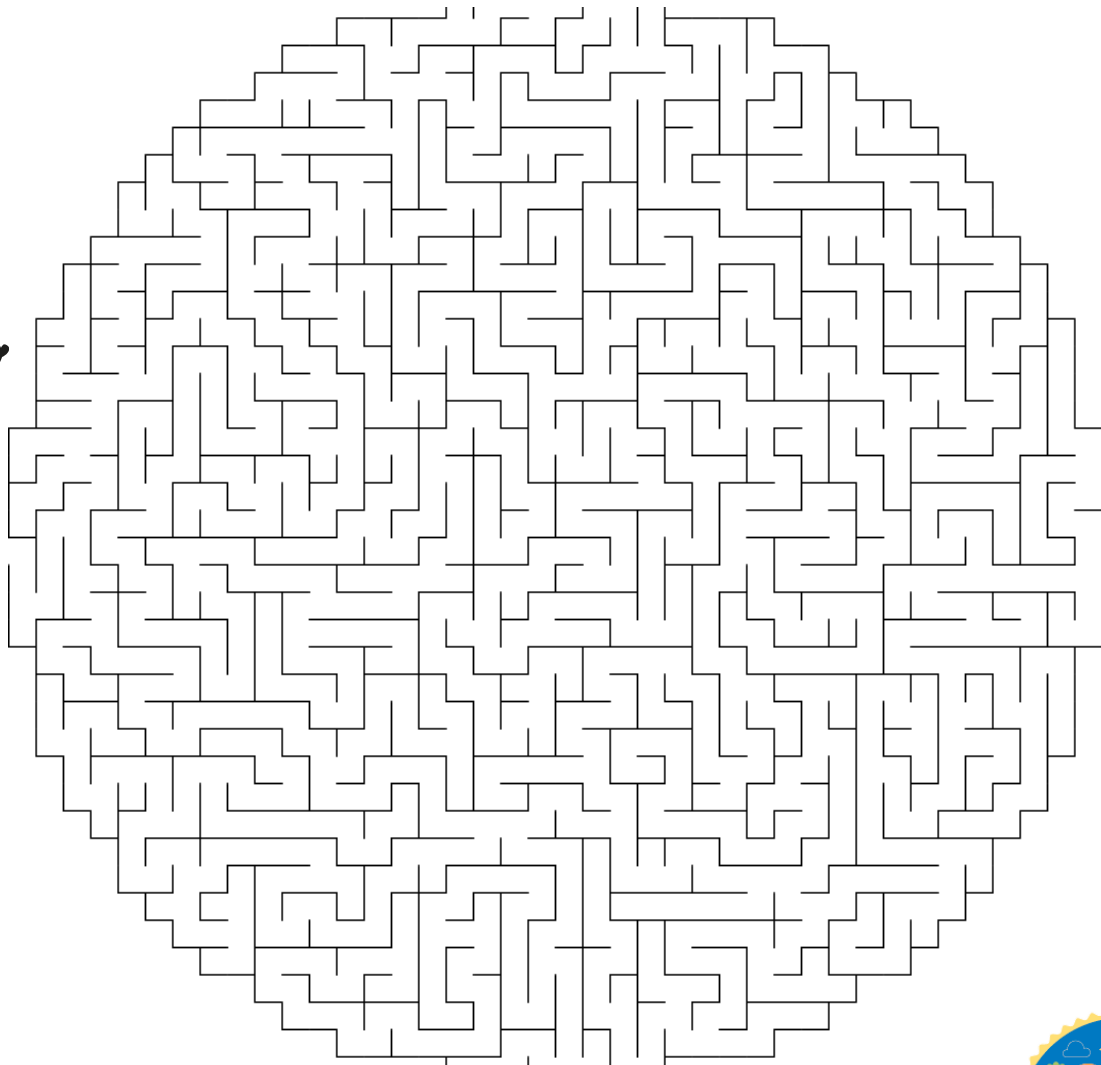




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Eggplant Maze

Directions:
Help Elly Eggplant find her to her friend, Zack Zucchini.





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Eggplant Word Scramble

Directions:
Unscramble the EGGPLANT Related Words!

Scrambled Word

Unscrambled Word

1. EEOCTBR

2. ETGGLPNA

3. ETERISVIA

4. ALDIRFO

5. FALORCINIA

6. ENW

7. MDLI

8. YNSPOG

9. EESSD

10. BLGOE

11. IINDA

12. WDLI

13. RSOA NABAIC

14. EHTWI

Answer Key

1. OCTOBER
2. EGGPLANT
3. VARIETIES
4. FLORIDA
5. CALIFORNIA
6. NEW JERSEY
7. MILD
8. SPONGY
9. SEEDS
10. GLOBE
11. INDIA
12. WILD
13. ROSA BIANCA
14. WHITE

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