

Louisiana HARVEST *of the* MONTH



Eggplant

Fun Facts About Eggplant!

- Eggplant belongs to the nightshade family, along with tomatoes and potatoes.
- You can eat all parts of the eggplant fruit, including its antioxidant-rich skin.
- Eggplants come in many different colors, such as purple, lavender, green and white.



Eggplant Is Nutritious and Good for You!

- Good source of dietary fiber.
- Low in fat.
- Low in sodium.
- Low in calories.



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