



Specialty Variety Eggplant

Purchasing Specifications

Receiving Information:

- Selection: Look for eggplant that is firm to the touch with a deep color based on specific variety. Avoid eggplant with obvious bruises or soft spots. Small scars on eggplant, commonly caused by wind, do not affect quality.
- Handling: Eggplant is sensitive to temperature extremes and requires a cool atmosphere to cut moisture loss. If left at room temperature for days, product becomes soft and wrinkled.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: Yes

- Skin or pulp decay: Decay may result from bruising due to rough handling. Handle eggplants with care to prevent product damage; do not drop shipping containers on the floor.
- Yellowish-brown skin discoloration; increased decay: Indication of chill injury.
- Browning of pulp and seeds; accelerated decay: Indication of ethylene exposure - keep eggplants away from ethylene producing produce and ripening rooms.
- Shriveled or flabby skin: Eggplants may begin to shrivel if stored in an area with low humidity.

- **Sicilian** eggplant are big and round, about the size of a grapefruit, and lighter purple in color.
- The ever-elusive **Fairytale** eggplant and the **Graffiti** eggplant are medium-sized and variegated in violet and white, with a delicate flavor and a creamy bite. These fall into the heirloom specialty category of produce.
- **Chinese** and **Japanese** eggplant are similar to each other in size and shape, which is to say that they are long and slender. The difference is that Chinese are lighter purple, and Japanese are a dark purple like the American eggplant. These are fun to slice into cross sections, bread and fry to create crispy little bases for your favorite canape toppings.
- **Baby eggplant**, also known as **Indian** eggplant, fits into the palm of your hand and is an exciting single serve eggplant with a little menu creativity.

Nutrition Facts

Serving Size: 1 cup cubes

Amount Per Serving

Calories 20	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 2mg	0%
Total Carbohydrates 5g	4%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 1g	4%
Potassium 189mg	4%
Vitamin A 0%	Vitamin C 2%
Calcium 7%	Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet.