



Eggplant



Did you know?

- **Eggplants are really vegetables; they are berries!**
 - **We are closely related to the tomato**
 - **We originated in India**
- **Eggplants come in several colors: purple, white, green, and even striped**
 - **We are made up of 95% water**
- **Eggplant is a great source of fiber and vitamin B1**
 - **We are best served cooked**