

KEWEENAW GROWN FOOD

EGGPLANT



PEAK SEASON

Mid-to-late summer through early fall.

HOW TO SELECT & STORE

Choose eggplants that have shiny, smooth skin without bruises or blemishes. They should be heavy for their size and the stem should be green and free of mold.

Store eggplants in the refrigerator crisper drawer. Use within five-to-seven days.

HEALTH BENEFITS

One cup raw eggplant provides three grams of fiber and is a source of potassium, Vitamin K and C. Eggplant is rich in a type of antioxidant called anthocyanins, which are found in blue or purple fruits and veggies. Some studies suggest consistent intake of anthocyanins may help with memory protection (dementia) and may support heart health.

WAYS TO USE

Slice the entire eggplant horizontally to create a base for mini eggplant “pizzas.” Add chopped tomatoes, basil, and shredded mozzarella and grill or bake in oven. Slice length-wise and cut into strips. Dip in eggs and coat in breadcrumbs or parmesan and bake in the oven. Cut into cubes and sauté until fully cooked. Add to pasta salad or add seasoning and a squeeze of lemon juice to create a quick and tasty side dish. Scoop out some of the center and add your own fillings (meat, cheese, rice, etc.).



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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD