



Nichols Garden Nursery

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NicholsGardenNursery.com



Herbs, Seeds & Goods
For the Gardener Cook

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EGGPLANT - *Solanum melongena*. Needs rich soil, heat, and ample moisture during their growing period. Eggplants make an excellent meat substitute. The fruit should be picked as soon as it attains a high gloss. Cover with Garden Row Cover (Remay) to boost yields especially in cooler regions and to keep insects away from plants. Needs a rich mellow soil, heat, and ample moisture during the growing period. Very productive in containers. Transplant hardened off plants with a gentle hand.

Contains good amounts of many essential B-complex groups of vitamins such as pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and thiamin (vitamin B1), niacin (B3). Also has significant amount of anthocyanins .

Planting Directions: Sow seed indoors 4 to 6 weeks before last frost with a soil temperature of 75° to 95°. Plant seed 1/4" deep in sterile seed starting mix. Once seed germinates reduce temperature to 70°. Harden off seedlings for at least one week prior to transplanting; reduce air temperature to 60° and reduce watering. Set plants out when soil temperature is consistently at least 80°, spacing plants 18-24" apart. Plant in soil rich in compost or soil that has been amended with a general garden fertilizer. We recommend using Garden Row Cover to maintain a consistent warm growing environment and to keep damaging insects off the young plants.

History: Eggplant has been cultivated throughout India and China for more than 1500 years. Eggplant was domesticated from wild forms in the Indo-Burma region. Then as India began trading with other regions eggplant was introduced to Europe by the Arabs and transported to Africa by the Persians. The Spaniards carried it with them to the New World and, by the early 1800s, both white and purple varieties were grown in gardens. Eggplant has long been common in Asia and Europe, but was unknown by the ancient Greeks and Romans because it was spread throughout the Mediterranean Basin Muslims in the 7th and 8th centuries.

Planting Info:

Planting Depth: 1/4 "

Germination Temp: 75° - 95°

Days to Germinate: 6-10

Growing Soil Temp: 70° - 85°

Spacing: 15" - 24"

Planting Location: Full Sun

Seed Notes:

Seeds per ounce: Approx. 6000

Seeds per gram: Approx. 210

2 gram packet plants 30 ft.

RATATOUILLE

In a heavy casserole saute 2 thinly sliced onions and 2 cloves minced garlic in 1/4 cup olive oil. Add 1 large cubed eggplant, 4 c hunked zucchini, 4 thinly sliced green peppers, 4 peeled and quartered tomatoes Cover casserole dish and simmer or bake at 375° for 40 minutes. Uncover and cook ten minutes longer to reduce liquid. Excellent served with freshly grated parmesan cheese and crusty French bread.