

CHINESE EGGPLANT



*The Chinese eggplant, an Asian variety of *Solanum melongena*, is long, thin, and pale purple. More tender and less bitter than Western varieties, its light, sweet, and slightly spongy flesh is ideal for quick cooking (stir-frying, grilling) and has a delicate flavor reminiscent of zucchini.*

AVAILABILITY AND PROVENANCE

PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

CHINA

QUEBEC



TARGET CUSTOMER : ASIAN & INDIAN

OPTIMAL TEMPERATURE FOR CONSERVATION

10°C - 12°C for 4 to 7 days

PURCHASE GUIDE

Look for those that are firm, shiny and smooth. They should have no blemishes or imperfections, and should be a bright violet color with minimal green at the stem.

CONSUMPTION

Chinese eggplants can be stir-fried, braised, roasted, or grilled. They are often used in vegetarian dishes and can be paired with garlic, ginger, soy sauce, and other savory seasonings.

NUTRITIONAL VALUE

Chinese eggplant is light and hydrating, rich in fiber, potassium, and vitamins B1, B6, and K. Its purple skin contains antioxidants (anthocyanins) that promote cellular health.

