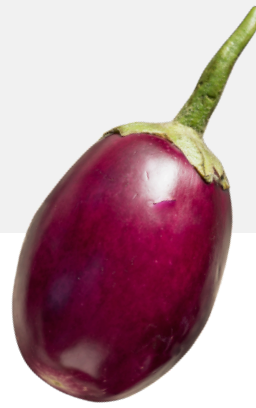


INDIAN EGGPLANT



The Indian eggplant, or brinjal, is a small oval or round variety (5 to 8 cm) with shiny purple skin and dense, sweet, slightly bitter flesh. It absorbs spices well and is ideal for curries, stews, or grilled dishes, with a subtle, slightly sweet, earthy taste.

AVAILABILITY AND PROVENANCE

PROVENANCE

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
MEXICO												
GUATEMALA												
FLORIDA												
HONDURAS												

TARGET CUSTOMER : ASIAN & INDIAN

OPTIMAL TEMPERATURE FOR CONSERVATION

10°C - 12°C for 5 – 7 days

PURCHASE GUIDE

Look for Indian eggplants that have firm, smooth skin, and are free of bruises or discoloration. Choose ones that feel heavy for their size and have a bright, glossy appearance.

CONSUMPTION

To enjoy Indian eggplant, cut into small pieces and cook in a savory curry with spices like cumin, coriander and turmeric.

NUTRITIONAL VALUE

Indian eggplant, light and hydrating, provides fiber, vitamins B1, B6, and K, as well as potassium, manganese, and a little copper. Its purple skin, rich in anthocyanins, offers antioxidants that protect against oxidative stress.

