



“Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad.”

~Miles Kington~

Eggplant

Eggplant is in the nightshade family, along with tomatoes, potatoes, and sweet peppers. The ancient ancestors of eggplant grew wild in India and were first cultivated in China around the 5th century B.C. Eggplant was then introduced to Africa and then onto Italy by the 14th century. Today, Italy, Turkey, Egypt, China and Japan are the leading growers of eggplant.



Eggplant wasn't always seen as being a delicious and important vegetable in European cuisine. Due to its early varieties being extra bitter, many people felt eggplant caused insanity, leprosy, and cancer. It took hundreds of years, and a lot of cultivation for eggplant to lose some of its bitterness. By the 18th century it became a very popular in European cuisine.

Most eggplants can be eaten either with or without their skin. You can peel the skin off before preparing it. After cutting the eggplant, you can tenderize the flesh by sprinkling it with salt and allowing it to rest for 30 minutes. This process will pull out some water and make it less permeable to absorbing any oil used in cooking. We have Galine (purple), Dancer (pink) and Orient Express (long skinny purple) eggplants growing.

This week's CSA share contains:

- Beefsteak Tomatoes
- Delicata Squash
- Assorted Eggplant
- Easter Egg Radishes
- Yellow Onion
- Music Garlic
- Red Norland Potato
- Assorted Cucumbers
- Parsley
- Red Flame Hot Pepper (tiny red)
- Sweet Nardello Peppers (medium red)
- Beaver Dam Pepper (Light green or red large pepper – moderate heat)



Here is a recipe that incorporates tomatoes, hot pepper, onion, delicata squash, and parsley from this week's CSA share!

Roasted Eggplant and Delicata Pizza

Total Time: 40 Mins.

Servings: 2-4



Ingredients

Crust

3 cups flour
1 packet yeast
1 tsp. salt

Sauce

1-2 lbs. tomatoes, chopped
4 cloves garlic, minced
2 tbsp. olive oil
2 tbsp. fresh parsley, chopped
1 hot pepper, chopped (optional)
½ onion, diced

Toppings

8 oz. shredded mozzarella
1-2 small eggplants
2 tbsp. olive oil
salt
1 delicata squash, diced

Preparation

1. Sift all crust ingredients together. Slowly mix in warm water until it becomes a doughy texture. Let the dough rise in a bowl while you prepare the sauce.
2. Heat oil in a large skillet and add minced garlic. Cook for one minute. Add parsley. Add tomato chunks, onions and hot pepper. Stir well and cook on medium for 10 minutes.
3. Add brown sugar, salt and pepper and continue to stir. When sauce is thick and tasty it is ready.
4. Slice eggplants and toss slices with olive oil and salt. Slice delicata squash (with or without skin), with seeds removed. Toss with olive oil and salt. Place on greased baking sheet and roast in oven at 400 degrees, checking every 10 minutes to see if they are done yet. You might want to put the delicata squash in first for 15 minutes, then add the eggplant.
5. Punch dough and knead it on a well-floured surface for 5-10 minutes. Spread dough out on a pizza pan or stone. Cover with sauce. Next, cover the sauce with cheese. Place roasted eggplant and delicata squash on top and sprinkle with parsley.
6. Bake at 375 degrees for about 20 minutes. Check every 5 minutes to see how it is doing.