

Eggplant

(*Solanum melongena*)

Recommended Varieties

Disease Resistance

Black Beauty

Epic

Early Bird (very early producer)

Dusky

Imperial

TMV

TMV

TMV

Oriental type

Ichaban

Tycoon

White

Easter Egg

The standard eggplant produces egg-shaped, glossy, purple-black fruit 7 to 10 inches long when fully mature. Only a few plants are needed to meet the average family's needs. The long, slender Japanese eggplant has a thinner skin and more delicate flavor. Both standard and miniature eggplants can be grown successfully in containers, but standard varieties yield a better crop. White, ornamental varieties are available and edible but are of poor eating quality.

Plant and handle eggplant in the same way as tomatoes; eggplant is slightly more sensitive to cold than tomatoes. Warm to hot weather throughout the season is necessary for good production. Seeds germinate quickly at 70^o to 90^o F, and plants should be grown for 8 to 9 weeks before setting them out. Cold temperatures will stop plant and root growth, reducing plant vigor and yields. Using hot caps or row covers protects plants from cold conditions.

Though eggplants do well in hot weather, they must have well-drained soil and do not thrive in very humid areas. Pick fruits when they are about 4 to 6 inches in diameter. Test for maturity by pressing with the thumb. If the flesh springs back, the fruit is green; if it does not and an indentation remains, the fruit is mature. Harvest when the fruit is about halfway between these stages. Mature fruit should not be left on the plant because they will reduce overall productivity. Use a knife or pruning shears to cut the fruit from the plants.

Nutritional Value of Eggplant

Serving size:	1/2 cup, cubed, boiled	<u>Primary Nutrients</u>	
Calories	13	None of the nutrients exceed 5% of the RDA at this serving size	
Fat	0.1 g		
Calories from fat	7%		
Cholesterol	0		
Sodium	2 mg		
Protein	0.4 g	Potassium	<u>% Min Requirement</u>
Carbohydrate	3.2 g	119 mg	6

Problem Diagnosis for Eggplant

What the Problem Looks Like	Probable Cause	Comments
Deformed, curled leaves. Plants are stunted. Small, soft-bodied insects on undersides of leaves. Sticky honeydew or black, sooty mold may be present.	Aphids	Use insecticidal soap.
Buds or fruits turn yellow. Buds or young fruits may drop from plant. Fruits have holes, become misshapen, develop blotches.	Pepper weevil Adults are dark beetles 1/8 inch long. Larvae are white, legless, found inside fruit	Destroy plants as soon as harvest is over to reduce problem next year. Destroy nightshade plants, an alternate host.
Small leaves with irregular mottle	Mosaic viruses	Use TMV-resistant varieties.
Dark-colored dieback from growing tip. Fruits may have orange, yellow rings	Spotted wilt virus Spread by thrips	Control weeds, which are host of virus and vector.
Plants do not grow. Blossoms drop off. Fruit does not develop	Climate too cool or Wrong variety	Wait for warmer weather Use recommended varieties
Plants wilt and die. Brown streaks inside root and lower stem, visible when stem is split lengthwise.	Verticillium wilt Caused by soilborne fungus	Avoid planting in soil previously planted to potato, tomato, or cucurbits.

Problem Diagnosis for Eggplant (continued)

Leaves roll downward. No stunting. No yellowing of new leaves	Physiological leaf roll Not caused by pathogen	No action needed
Small holes in leaves. On lower leaves more than top ones	Flea beetle Tiny black beetles that jump.	
White, frothy foam on stems Insects visible beneath foam	Spittle bugs green insects	Tolerate. Do not cause significant damage.
Leaves wilt, turn yellow, then brown. Tiny white flies flutter when plant disturbed	Whiteflies	
Normal-colored fruit, but small, flattened in shape. Few to no seeds inside	Poor or incomplete pollination.	Plant in full sunlight. Tap flowers in midday to aid pollination.
Large, sunken, watersoaked spot develops on blossom end of fruit; spot turns black and mold may develop	Blossom end rot which can be caused by uneven moisture supply	Give uniform irrigation Supply water during dry periods. Mulch.