



Mississippi Farm to School

Mississippi Grown. Mississippi Good.



Eggplants are an excellent way to eat healthy!

Eggplants contain a variety of healthy vitamins and minerals including fiber, potassium, and vitamins C, K, and B6.

They are essentially fat-free and have little sodium.

Eggplants are 90-95% water.



Eggplants are grown in Mississippi on family farms like that of Allen & Janice Eubanks from Lucedale, MS.

Fun Facts

- They can come in different shades of purple and can be green or striped.
- President Thomas Jefferson experimented with many plants in his garden and is credited with introducing eggplant to North America.
- Eggplant is a member of the nightshade family with tomatoes and is also a fruit.

Eggplants can be eaten raw, sautéed, fried, or baked.