



BROWN BAG LUNCH IN THE GARDEN

August 20, 2010—Tomatoes & Eggplant

This Week's Recipe:

Roasted Eggplant and Tomato Bruschetta

1 French baguette
1/4 cup olive oil
2 garlic cloves, minced
1 medium eggplant sliced lengthwise 1/4-inch thick
vegetable oil cooking spray
1 large seeded, diced (1/4 inch) tomato
1 tablespoon fresh lemon juice
1 tablespoon olive oil
12 shredded fresh basil leaves
salt and pepper

Cut baguette into 16 1/2-inch-thick slices, lay on baking sheet, and brush lightly with olive oil. Lightly coat another baking sheet with vegetable oil cooking spray and arrange eggplant slices on it. Brush eggplant with olive oil and season with salt and pepper. Toast bread and eggplant in a 350° oven; remove the toasts after 7 minutes and the eggplant after 10 minutes, or once slices have softened. Cut eggplant into 1/2 -inch dice and transfer to a large bowl. Add tomato, fresh lemon juice, 1 tablespoon olive oil, garlic and basil leaves. Season with salt and pepper. Mound the eggplant-tomato mixture on the toasts and serve.

Harvesting & Storing Eggplant

- Use pruners or scissors to cut off the plant
- Don't judge ripeness on size, generally.
- Look for eggplant with firm, glossy skin.
- Dull skin or a change in color likely means that the seeds are maturing and the eggplant will be too seedy and bitter.
- Store unwrapped in the refrigerator.

Other Points of Interest in the Garden This Week:

- Some seeds are coming up.
- Peppers are setting on again after getting fertilizer a couple weeks ago.
- Tomatoes are starting to reach a lull in production.

Coming Next Week—Watermelon

