Activity Ideas

PLANT AN INDOOR GARDEN...

Herbs grow well inside!

Start seedlings inside to move to your outside garden once the weather allows.

Read gardening books with your children or a friend’s children.

Share a garden with a neighbor!

Eat your garden’s produce at harvest time or can or freeze it to enjoy later.

Have your first garden be a small one.

Conversation Starters/Comments

Eggplants were known as the apple of love!

Eggplants vary in color from (no color) white to purple and can be orange/red, striped, or green.

Stainless steel knives are best for cutting eggplants to prevent “rusting” and to prevent a bitter taste of this vegetable.

Eggplants vary in size as they can be as tiny as a grape or over two to three feet in length!

Foods made with eggplants tend to taste better as a leftover.

The information in this section is credited to:
http://www.innvista.com/health/foods/vegetables/eggplant.htm

For more information call:
Supplemental Nutrition Assistance Program 800-457-3659
Wyoming Department of Education Nutrition Programs 307-777-6263
University of Wyoming Cent$ible Nutrition Program 877-219-4646
Wyoming Department of Health Women, Infant, and Children (WIC) 800-994-4769
Eggplanting a Garden this year?

**Shopping Tips**

**When to Buy...**

July through October

**How to Select...**

Hold the eggplant.

- Does it feel heavier than it looks?
- Does it stay solid when squeezed?
- Is the skin evenly colored and smooth?

If you said, “Yes” to each of these, you have a winner!

**How to Store...**

Keep eggplants cool and dry and cook soon after buying.

**Nutrition Benefits**

1 cup of cubed eggplant has:

- Only 20 calories and is a good source of fiber!

---

Wyoming SNAC is a coalition of USDA Food and Nutrition Service agencies including the University of Wyoming Cent$ible Nutrition Program, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health Women Infants and Children (WIC) and Diabetes Prevention and Control Programs.