

2025 Harvest Box

Riverland Family Farms

WEEK 3

in the box

Broccoli	head
Slicing Cucumbers	2 each
Eggplant	1 or 2
Curly Purple Kale	bunch
Green Leaf Lettuce	head
Parsley	bunch
Red Onion	each
Cherry Mix Tomatoes	pint
Red Raspberries	half pint

Eggplant

Eggplant is actually a fruit, more specifically a berry, because it develops from the flower of the plant and contains seeds. Although cooking, we use it like a vegetable—it's savory, often roasted, grilled, or stewed, and not sweet like most fruits.

Eggplants were first domesticated in India and Southeast Asia, where they began as small, bitter, and spiny fruits. Over centuries, through selective breeding, they transformed into larger, smoother, less bitter varieties with diverse colors and shapes, spreading through China, the Middle East, and Europe. Today's eggplants are the result of thousands of years of cultivation, prized for their mild flavor, versatility, and striking purple hue.

Enjoy it in an eggplant parmesan, baba ghanoush, or baingan bharta.



recipe ideas

please visit farm website for
recipe ideas

www.riverlandfamilyfarms.com

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