- A decoction of the leaves is used to treat sores and internal hemorrhage.
- Leaves are made into a plaster to treat burns, abscesses, and cold sores.
- Ashes of the fruit are made into a hot, dry plaster for the treatment of hemorrhoids (Malaysia).
- Fruits are also mixed with vinegar and made into a soothing plaster for cracked nipples and abscesses.
- Fruits are also used as an antidote to mushroom poisoning, and as a dietary food to regulate high blood pressure.
- Crushed roots are used to treat ulceration of the nostrils.
- Juice from the roots is used against ear infections and toothache (Papua New Guinea).

Boiled Eggplant in Coconut Milk
(Source: Mga Lutuing Katutubong Gulay)

Ingredients

3/4 kg eggplants
1 medium onion, in rings
4 cloves garlic, minced
1/4 tsp black pepper
1 tsp salt
1 cup vinegar
1 pc young coconut, grated

Procedure

- Boil the eggplants and cut into small pieces.
- Extract coconut milk from the grated coconut.
- Put the coconut milk on the eggplant.
- Add all other ingredients.
- Mix and season according to taste.

Other ways of food preparation

- Young and nearly mature fruits are used as a vegetable.
- Young fruits boiled, roasted, baked, grilled, fried, stuffed, or pickled.
- Fruits added to soups, stews, and curries.
- Fruits consumed raw (Indonesia and Malaysia).
- Leaves mixed with rice bran and salt as a medium for pickling roots of 'daikon', a form of radish.
- Fruits used as a meat substitute.
- Cooked with eggs as omelet.
- Mixed with vegetables in several Filipino dishes like bulanglang, sinigang, pinakbet, laksa, kare-kare, etc. (Philippines).

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Know Your IVs

Eggplant (Cultivated)

Introduction

Cultivated eggplant or *Solanum melongena* is a relative of tomatoes, potatoes, and peppers. The term "eggplant" was first coined by the English in relation to a variety with egg-shaped fruits. Nowadays, varieties come in different sizes, shapes, and colors. Eggplant is very popular in China, India, Southeast Asia, Africa, and the Mediterranean. It is held in high esteem in European cuisine.

Local Name

English — *eggplant, aubergine, brinjal, melongene*
Bangladesh — *begoon*
Cambodia — *trâb vèèng, trâb put lonhoong*
Indonesia — *terong, encung, tiung, terong biru*
Laos — *khüa poom, khüa hlèèz, khüa ham maaz*
Malaysia — *terong*
Philippines — *talong, tarong, bringhinas*
Thailand — *makhua-yao, makhua-chan, makhua-khao, makhua-farang*
Vietnam — *c[af] t[is]m, c[af] b[as]t*
Myanmar — *kayan*

Biodiversity

The exact origin of eggplant is unknown, but reports suggest the Indo-Burmese region, where its greatest variability can be found. China and Africa are considered as secondary centers of diversity. It is now widely distributed throughout the tropics, subtropics, and in warm temperate areas.

The cultivated eggplant is a short-lived, herbaceous perennial that is usually grown as an annual. It has branched stems that can reach up to 1.5 m, and large, hairy leaves. Its flowers are about 3-5 cm in diameter. The fruits contain numerous small light-brown seeds. Eggplant is said to have a pleasant bitter flavor and spongy texture.

- Flowers — white, purplish, violet
- Fruits shape — round, oval, elongate
- Fruit color — white, green, yellow, purple, black, striped

There are many F1 hybrids that are commercially available. Fruits of some improved varieties do not darken when exposed to air after slicing probably due to lower phenolic compounds.

Cultivation

- Do not plant after tomato, pepper, potato.
- Soak seeds in warm water (50 °C) for 30 minutes before sowing.
- Sow seeds in shaded seedbeds.
- Transplant after 3 weeks into raised beds or ridges.
- Suggested spacing: 70-90 cm between rows; 50-60 cm between plants.
- Treats seeds with Thiram if necessary to prevent pests.
- Prune and maintain only 2-3 branches per plant to produce bright colored high quality fruits.
- Remove lateral branches periodically.
- Remove old leaves to allow more air and light.

Nutritional value

Eggplant is nutritious. It is a good source of vitamin C, potassium, and dietary fiber. It is almost fat-free and sodium-free, and is low in calories.

Eggplant contains only moderate amounts of oxalates. In concentrated levels oxalates in the body can crystallize and aggravate kidney or gallbladder disorders. Oxalates may also reduce calcium absorption.

Nutrition Value (per 100 g edible portion)	
Water	92 g
Protein	1.6 g
Fat	0.2 g
Carbohydrates	4 g
Fiber	1 g
Ash	0.6 g
Calcium	22 mg
Iron	0.9 mg
Vitamin B1	0.08 mg
Vitamin B2	0.07 mg
Niacin	0.7 mg
Vitamin C	6.0 mg
Energy value	100 kJ/100 g
Antioxidant (by ABTSM) water	71 µm/g (Medium)

Utilization

Aside from its use as food, eggplant is also valued for its medicinal properties.

- Cure against diabetes (India), asthma, cholera, bronchitis, painful urination.
- Fresh/dried leaves and fruits are known to lower blood cholesterol levels.

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