



Seasonal Eating Demo with Carol Muncer Open Farm Day – August 24, 2024

Eggplant Dip (Salata de vinete)

- 4 large eggplants
 - ¼ cup sunflower oil or any mildly flavored vegetable oil, not olive oil
 - ½ small onion roughly chopped (garlic also optional)
 - ½ teaspoon salt or to taste
 - Optional: add mayonnaise for creamier dip.
- Roast eggplant at 375 F on a baking sheet. **IMPORTANT:** poke holes in the eggplant to prevent them exploding in the oven. Cook until very soft (up to 45 minutes, depends on the size of the eggplant). Turn every 10-15 minutes, cool.
- Once cooled, peel them removing all peel, then transfer to a colander and allow to drain around 20 minutes.
- Blend remaining ingredients with the eggplant in a food processor. Chill 30 minutes before serving.

Garlic Roasted Okra

- Okra (amount desired)
 - Butter, margarine, or cooking oil
 - Garlic powder
 - Salt/garlic salt, paprika/pepper, or other desired spices
- Preheat oven to 450°F. Rinse okra and pat dry. Trim stems, cut into ½" to ¾" pieces, and place into a medium bowl. In a smaller bowl, mix the paprika, garlic powder, and salt. Then, melt a couple tablespoons of butter, either in the microwave or on the stove. Sprinkle seasoning over okra and pour in the melted butter. Mix well. Transfer the okra to a parchment paper-lined baking sheet, in a single layer, and place in the oven. Bake about 15 minutes, until golden brown. Serve with a dash of lemon juice, if desired.
- **** Note: cooked in an air fryer, 200 C for 4-6 minutes, no oil needed**

About Okra and Eggplant

Both these plants originate in hot climates with no cold season, but short season varieties are available to grow in New Brunswick

Eggplant is a member of the nightshade family (potatoes, tomatoes, etc.) and is actually a fruit. The skin and seeds are edible, it is high in fiber, low in calories and contains protein, vitamins, minerals and antioxidants. Many say it is a good substitute for potatoes.

Okra is a perennial but is grown as an annual in Canada. It too is a fruit, and we eat the unripe seed pod. They must be harvested when 2 to 4 inches in length – any bigger and they get woody. Okra is high in fiber, low in calories, contains more protein than eggplant, and also contains vitamins, minerals, and antioxidants.