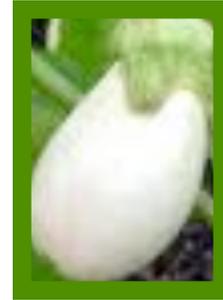


Purple

VS

White



According to the grower I bought them from at the Farmer's Market there is no difference in taste, only in skin color. I decided to put them to the test. I purchased one of each and prepared each in an identical fashion. The following are my results. I suggest you conduct your own test.

Test One: I washed, trimmed off both ends and sliced into rounds. Without salting or allowing to rest I took two slices from each, dipped them in a beaten egg with a tiny pinch of salt, then in a mixture of shredded Parmesan cheese, fresh lemon thyme and pepper. I browned both sides in a ceramic lined skillet. Drained cooled and tasted.

Result: The purple had a distinct STRONG flavor and the white did not. The white was almost sweet, very mild and quite nice. I will say in defense of the purple it may not have been fully ripe, as there was a slight green tint just under the dark purple skin, even though by all outward appearance it would be considered ripe.

Test Two: I peeled two of each of the remaining slices and repeated the above process. Again, the same **result**.

Test Three: I laid each piece on a baking rack on top of a baking sheet, which has been lined with parchment paper, to catch the drips, salted each slice and allowed to drain for 30-minutes. Turned each piece and repeated the process. At the end of one hours I prepare and browned each slice as in tests one and two. **Result:** the same. The only difference both were extremely salty. The purple was was still bitter. The salt and the one hour wait, nor peeling, seemed to make any difference at all. However, in my opinion the white eggplant is much, much better and I will look for it again at local markets. The purple is fine for use in soups and stews but I will choose white every chance I get.

Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.

- Parker Palmer

Be kind to others and always say thank you!

That is the way to influence people in a positive way and make friends!

Quote of the Day: 90 years later and Dale Carnegie courses are still being taught to over 80 million people a year in over 40 countries. They charge \$2,000 to teach you what your grandparents have been saying for years -- for FREE.