

# How to Grow *Aubergine*

Big in size, flavour, and nutritional value.



## Why We Love Aubergine

A cousin of tomatoes and potatoes, Aubergine is a very versatile vegetable. Not only that, but Aubergine is healthy, too! It is high in fibre, has a low glycemic index, contains folic acid and potassium, and is chock-full of antioxidants. Aubergine's rich, purple hues make it a beautiful addition to any garden space. A wonderful crop for beginning gardeners, Aubergine will produce a consistent harvest of plump, delicious fruit grown conveniently on your back porch to enjoy throughout the growing season.

## Varieties

- **Western Aubergine** – Most common Aubergine you'll find on grocery shelves. Characterised by large, glossy, deep-purple, pear-shaped fruits.
- **Japanese Aubergines** – Long, slender and typically thin-skinned. They come in an array of colours, usually purple to light violet, sometimes combined with green or white stripes.

## What You'll Need

- Tower Garden Growing System
- Seeds included in your [Seedling Starter Kit](#)
- Net Pots
- Access to power source

## Directions

1. Germinate your seeds. This step will take roughly 1-2 weeks. Aubergine seeds should be ready for transplant (about 3-4 weeks) when they have a good root system growing from the rockwool cubes.
2. Place one seedling cube into each net pot on your Tower Garden Growing System. We suggest placing the plant(s) in the lower tier(s) of your Tower Garden. This will allow the vines to spill over onto the ground surface. You can also train the vines onto the support cage and let them fountain over the sides. This will allow the plant to be held up by the support cage as it matures.
3. Gently press the seedling cube until it touches the base of the net pot.

### GROWING INFORMATION

## Aubergine

### DIFFICULTY



### INDOOR VS. OUTDOOR

**Outdoor**

### TIME TO HARVEST

**8-10 weeks**

### BEST TOWER POSITION

**Bottom**



## Growing Conditions

**Temperature:** 18°C–32°C

### Light

For outdoor – minimum 6-8 hours of full sunlight daily

### Watering Cycle

Please set the Tower timer to "O" for outdoor growing



## Maintenance & Pest Prevention

- Check water and pH levels at least weekly.
- Keep roots away from pump.
- If not in full sun when outdoors, rotate garden regularly for even growing.
- Clean pump monthly.
- Check regularly for pests.
- Remove or dispose of any dead or diseased plant material.



## Harvesting

- You should expect to harvest your delicious Aubergine about 8-10 weeks after transplanting it into the Tower Garden.
- Make sure to use a knife or shears to remove the Aubergine from the plant without injuring the rest of the plant.
- Make a cut above the cap of the Aubergine leaving a portion on the stem still attached.
- Plan to begin harvesting the fruits when they are 15cm–18cm long.
- Cook immediately for the best flavour since Aubergine does not store well.
- If Aubergines are left on the vine and grow too large, they will become pithy and may taste bitter. It's best to remove these fruits from the vine and allow others to develop.



## Ways to Enjoy

- **Aubergine Parm** – A classic Italian dish loved by vegetarians and meat eaters alike. Toss Aubergine in flour, then egg-wash, then bread crumbs. Bake in the oven and top with tomato sauce and mozzarella cheese. Serve over pasta and garnish with fresh parsley and basil.
- **Stir-Fry** – Elevate your stir-fries with freshly harvested Aubergine. Dice up the peeled Aubergine into smaller pieces. Add early on into the cooking process to ensure it gets cooked through.
- **Grilled** – Save some room on the summertime grill for some sliced Aubergine. Drizzle with olive oil, season with salt, and grill on both sides. Serve with salad and garnish with fresh mint.

For more information about growing Aubergine, please visit [towergarden.com](http://towergarden.com).

