EGGPLANT PRODUCTION

GUIDE

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EGGPLANT TECHNOLOGY

GUIDE
Eggplant (Solanum melongena) is grown as an annual plant in our country. It is one of the most important vegetables in the country because of its popularity and its use in Filipino diet. It has a fleshy fruit which is stewed with other vegetables and served as base ingredient of the famous Ilocano dish pinakbet. Aside from cash, the fruit is also a good source of vitamins and minerals particularly calcium, phosphorous, iron and vitamin A, B, C (PROSEA FOR VEGETABLES NO.8) In addition it can be a good source of medicine, wherein Australian researches developed an organic topical cream from glycoalkaloids, a group of cancer killing compounds present in eggplants. (Food for the family, Health and Home May-June 2007 p.39)

**Transplanting**
- Transplant the seedlings 4-5 weeks after sowing. Irrigate the area before transplanting.
- Plant one seedling per hill at a distance of 0.5x 1.0m depending on variety.
- Irrigate by furrows as needed depending on season and soil type.

**Fertilizer Application**
- Incorporate organic fertilizer with the soil one-two weeks before planting at 120 bags per hectare.

**Weeding and cultivation**
- Weed 2 – 3 times during the growing season or as necessary.
- Partial control of weeds can be done by hilling up 3-4 weeks after transplanting.
- Mulching can also be done to minimize weed growth and maintain uniform soil moisture.
- Spot weed the crops particularly tall weeds as the need arises so as not to compete with the crops.

**Pest Management**
- Eggplant can be grown economically even without pesticides.
- Leafhoppers, shoot/fruitborers and *apilachna* beetles were the most common insect pest observed attacking eggplant. However this can be prevented and controlled through sanitation: weeding and removal of infected leaves and shoots specially during the critical stage of plant growth.
- Infected fruits with fruitborer including deformed and damage ones should also be harvested during harvesting time then burned to prevent the spread of the pest.

**Harvesting**
- Harvest fruits as soon as they attain satisfactory size which are still shiny and soft.
- Harvesting can be done once or twice a week.
- More frequent harvesting can reduce damage from fruit borers.

**NUTRITIVE VALUE**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per 100 g Edible Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>92g</td>
</tr>
<tr>
<td>Protein</td>
<td>1.6g</td>
</tr>
<tr>
<td>Fat</td>
<td>0.2g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>4.0g</td>
</tr>
<tr>
<td>Fiber</td>
<td>1.0g</td>
</tr>
<tr>
<td>Ash</td>
<td>0.6g</td>
</tr>
<tr>
<td>Calcium</td>
<td>22mg</td>
</tr>
<tr>
<td>Fe</td>
<td>0.9mg</td>
</tr>
<tr>
<td>Vit B6</td>
<td>0.07mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>0.7g</td>
</tr>
<tr>
<td>Vit C</td>
<td>6.0g</td>
</tr>
</tbody>
</table>

The energy value is about 100kJ/100g. Per 100 g edible portion, the fruits contain approximately the following:

**Soil requirement**
- Any type of soil is suited for growing eggplant, however well drained loamy soils are preferred for better production.

**Land Preparation**
- Plow and harrow the field alternately depending on soil type and soil moisture to obtain a good soil tilth.

**Seedling Establishment and Production**
- Prepare a seedbed measuring 1x5m consisting of mixture of 1 part compost and garden soils.
- Make furrows not more than 1cm deep and spaced at 10-15 cm apart.
- Place seeds in furrows and cover. Water before and after sowing.
- Mulch with rice straw and water regularly.
- Harden the seedlings a week before transplanting by gradually withholding water until they are temporarily wilted.