



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Eggplant

In season:



Summer

**Preserve it
to enjoy year
round!**

Canning:

The National Center for Home Food Preservation does not recommend canning eggplant.

For more information, visit: nchfp.uga.edu



Freezing

Process: Water Blanch

- Harvest before seeds become mature
- Wash, peel and slice 1/3 inch thick
- Boil in 1 gallon water and 1/2 cup lemon juice for 4 minutes
- Cool in cold water
- Drain
- Pack leaving 1/2 inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Wash, peel and cut into 1/4 inch slices
- Steam for 3 1/2 minutes
 - » Alternatively, may boil in water for 3 minutes
- Rinse in cold water
- Set dehydrator to 140 degrees F
- Arrange slices in single layer on drying rack
 - » Season with salt, garlic, onion and paprika powder before dehydrating for added flavor.
- Rotate slices and racks during drying process
- Dry 12-14 hours



Tips/Tricks:

Thaw eggplant slices for frying, soups, sauces and dips.

This document is to serve as supplemental material for those already knowledgeable on how to safely preserve food and should not serve as a guide to someone completely new to food preservation methods. For further guidance, go to: extension.sdstate.edu/food/preservation

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