

Farmer's Market- Weekly highlights

Meet Maybo Lee



Where are you located at the farmer's market?

As soon as you walk out of the 1900 building, I am the first stand on the right hand side.

Do you have any other locations outside of the farmer's market?

We do have other locations. We have a farm (The Lee Farm) on Belmont and Brawley and our field is located on Belmont and Cornelia.

What type of items do you grow/sell?

We grow and sell a variety of vegetables. Currently at The Market we feature the following: green beans, okra, Armenian sweet bell peppers, sweet Italian peppers and Chinese eggplant.

How long have you been in this industry?

I have been in the industry for about 10 years.

What fruit or vegetable would you like to highlight this week?

The Chinese Eggplant

Nutritional Facts on Chinese Eggplant



Low in calories, eggplant has about 30 calories per cup and is high in carbohydrates. Containing traces of several nutrients, eggplant is a good source of potassium, vitamin A, vitamin B-complex, and vitamin C.

Recipe using Chinese Eggplant-



Click on link below for recipe!

<http://www.epicurious.com/recipes/food/printerfriendly/GRILLED-CHINESE-EGGPLANT-WITH-GARLIC-AND-GINGER-SAUCE-50043466?printFormat=4x6>