

# — BELL PEPPERS —

## What are they?

- Bell peppers are not spicy like many other pepper varieties, they are actually kind of sweet!
- Bell peppers can be red, orange, yellow, green, and even purple.
- The red, orange, and yellow varieties are really just very ripe green bell peppers.
- The extra ripening makes red bell peppers sweeter than the green ones.
- When choosing bell peppers, choose firm and brightly colored peppers with tight skin that are heavy for their size.



## When are they available?

- Harvested fresh in the Midwest mid-July through mid-October.
- Also available from other parts of the U.S. throughout the year.

## What's so cool about them?

- Even though we normally call bell peppers vegetables, they are actually a fruit because they have seeds and grow on a flowering plant
- Red bell peppers contain about nine times more beta carotene and two times more Vitamin C than green peppers.
- Peppers, both sweet and hot, originated in Central and South America. They were not introduced into Europe until the 16th century.



## Why should I eat them?

- Bell peppers, like most vegetables, are fat free and low in calories. They are an excellent source of Vitamin A, which is good for your eyes and skin, and Vitamin C, which helps boost your immune system and promote wound healing.
- Bell peppers are also a good source of Vitamin B6, which boosts metabolism and helps repair DNA, and folate, which helps prevent heart disease.

