

Harvest of the Summer

Peppers

Nutrition Information

- Although bell peppers are technically a fruit (since they grow from a flower and contain seeds), they are considered a vegetable in nutrition programs.
- In USDA meal patterns, bell peppers count as a Red/Orange Vegetable and can be credited toward the vegetable component in school meals and CACFP.
- Peppers are a great source of vitamin C, especially red peppers, which can have more vitamin C than an orange!
- They also provide vitamin A and fiber.

Selection and Storage

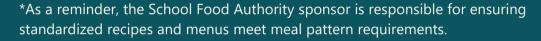
- Choose firm, shiny peppers without wrinkles or spots.
- Store whole peppers in the fridge for up to a week.
- Once cut, keep them in a sealed container and use within a few days.

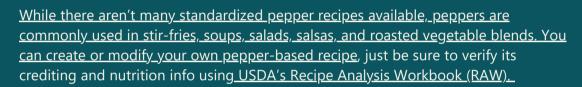
Fun Facts

- Peppers come in all kinds of colors! You might see red, green, yellow, orange, or even purple ones. Some are sweet, and some are spicy.
- Botanically speaking, bell peppers are actually a fruit. Even though we usually treat them like a veggie, they grow from flowers and have seeds inside, just like other fruits!
- Red bell peppers are just ripe green peppers. As they ripen, they turn red and get sweeter.
- Peppers are in the same plant family as tomatoes and potatoes. It's called the nightshade family.

Recipes*

- Cheesy Egg, Sausage, and Potato Casserole ICN Recipe Box
- Chicken Fajitas ICN Recipe Box
- <u>Chinese-Style Vegetables</u> ICN Recipe Box
- <u>Ground Turkey and Beef Stroganoff</u> ICN Recipe Box





Educational Resources

- <u>Produce Spotlight on Bell Peppers</u> SNAP-Ed. UMass Extension Nutrition Education Program
- <u>Nutrition and You...Bell Peppers</u> SNAP-Ed & EFNEP. Ohio State University Extension
- Bell Peppers: Tips and Tricks- SNAP-Ed New York.
- Sweet Peppers Fliers & Recipes Vermont Harvest of the Month.

Sourcing

- Use the <u>Washington Food and Farm Finder</u> to find peppers and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- Can't find peppers in your area to feature? Consider using other locally grown vegetables like tomatoes, zucchini, or carrots as substitutes.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit <u>WSDA's</u> <u>Washington Grown Food & Recipe Kit and USDA's Seasonal Produce Guide</u>.

