



# 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
- [Chinese-Style Vegetables](#) – ICN Recipe Box
- [Ground Turkey and Beef Stroganoff](#) – ICN Recipe Box



\*As a reminder, the School Food Authority sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

While there aren't many standardized pepper recipes available, peppers are commonly used in stir-fries, soups, salads, salsas, and roasted vegetable blends. You can create or modify your own pepper-based recipe, just be sure to verify its crediting and nutrition info using USDA's Recipe Analysis Workbook (RAW).

## Educational Resources

- [Produce Spotlight on Bell Peppers](#) - SNAP-Ed. UMass Extension Nutrition Education Program
- [Nutrition and You...Bell Peppers](#) - 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 [Washington Food and Farm Finder](#) 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](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto: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 [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**