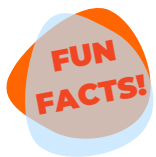


HARVEST OF THE MONTH

F2SFREDERICK.ORG



SWEET BELL PEPPERS



Did you know sweet bell peppers are culinary and nutritionally considered a vegetable? But botanically, they are actually the fruit of the plant. The color of a bell pepper depends on its maturity. As the flesh turns from green to red, it becomes sweeter as well! More unique varieties come in colors like brown, white, lavender, and dark purple.

NOTABLE NUTRITION

1 CUP of sliced red bell peppers is a good dietary source for:

Beta-carotene, Vitamin A's precursor. Besides vision, Vitamin A is also important for a healthy immune system!

Vitamin C, a water-soluble antioxidant. To limit loss in the cooking process, serve sweet bell peppers raw, or use a dry-heat method, like stir-fry.

Potassium. Red bell peppers provide more potassium per calorie in a serving than bananas! Replenish electrolytes lost on the playground with fruit and vegetable snacks high in potassium

READING ROOM

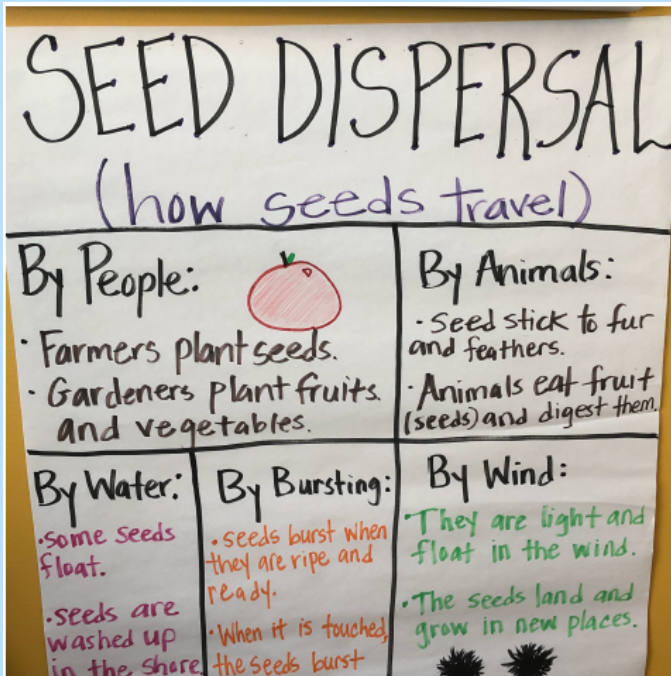
- 1** The Vegetables We Eat by Gail Gibbons; Grades K-3; available at Frederick County School Libraries as an eBook.
- 2** Seed, Soil, Sun by Cris Peterson; Grades 3-5; For programs working with MD SNAP-Ed, books can be acquired through an MD SNAP-Ed educator.

HOMEGROWN VARIETIES

Types of sweet peppers grown in the Mid-Atlantic region:

bell, banana, sweet cherry, & italian frying

LINK TO LEARNING!



Sorting Seeds Activity

In this investigation, students sort different seeds by the ways in which they disperse (flying, sticking, floating, falling, etc.). Once students sort the seeds into groups, they can create a seed chart or poster to teach fellow students how seed dispersal works.

Visit [FRESHFARM FoodPrints website](#) for the FREE Seed Dispersal lesson plan (Grades K-2).

Meets National Standards:
Next Generation Science (NGSS): 1-LS1-1
Common Core ELA: W.1.8, SL.1.5

Garden in a Glove Activity

Students will grow their own vegetables by starting seeds in a glove and transplanting 5 different plants to container gardens.

Visit [the University of Maryland Extension SNAP-Ed program website](#) for the FREE lesson plan in the Read for Health Curriculum (Grades 3-5).

Meets National Standards:
Specific curriculum objectives not provided. The RFH lesson plan should be tailored to meet the goals and objectives of the teacher.



USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS
5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS
14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS
14-18 YRS 2.5 - 4 CUPS