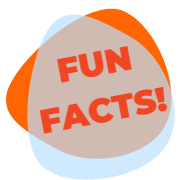


HARVEST OF THE MONTH

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.

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.

LET'S EAT! CAFETERIA CONNECTIONS

1

Include sliced raw sweet bell peppers in a pre-packaged salad.

2

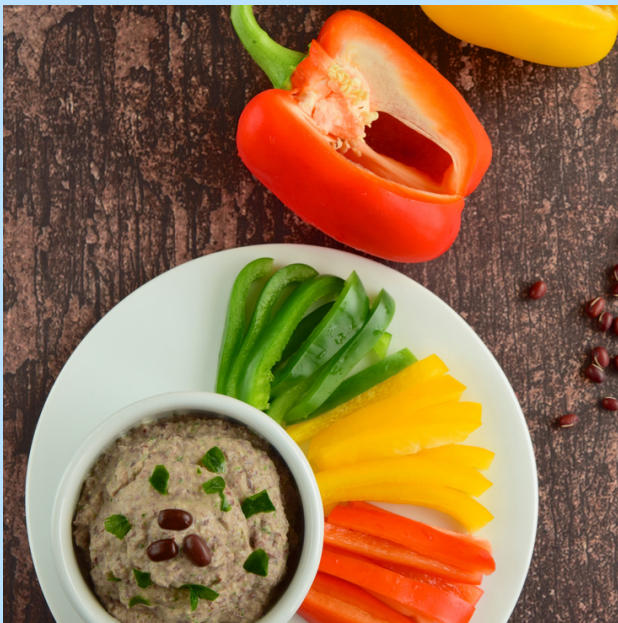
Pair raw sweet bell peppers with a protein-packed dip, like hummus.

3

Offer both raw and cooked sweet bell peppers on the service line.

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TASTE TEST IDEAS

Have students taste different colored peppers and choose which is the “crunchiest.”

Let students participate in a “Skip the Chips and Try the Dip!” taste test. Watch our VIDEO for a tutorial on how to run this activity.

Looking for more resources? Visit Farm to School's website for a comprehensive Taste Test Guide!

PICK, STORE, PREPARE

Choose fresh bell peppers that have a vibrant skin, firm flesh and are heavy compared to their size.

Store whole, uncut bell peppers in the refrigerator for 1-2 weeks.

Because of their mild flavor and texture, sweet bell peppers can be enjoyed both raw and cooked. Adding them to soups, stews and sauces is a great way to increase your vegetable intake!

Make a meal fun! Instead of serving chili in a bowl, try stuffed cooked bell peppers instead.



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 - 2 CUPS

14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS