Bell Peppers

A fruit vegetable

What nutrients are found here?

Alpha & Beta-Carotene, Folate
Vitamins C, E, & B Vitamins (The antioxidants alpha & beta-carotene convert to vitamin A)

What do those nutrients do in my body?

- Support digestion, heart, eye, & immune health.
- Vitamins A, C, & E are antioxidants, helping keep cells healthy by reducing cell damage & inflammation.

How/Where can I grow my own peppers?

- In the ground, in a raised bed, or in a large tub.
- Peppers thrive in direct sunlight & in warm weather.
- The average harvest season last 60-90 days.

How should I store freshly picked peppers?

- Store peppers unwashed, in the crisper/vegetable drawer in the fridge.

How can I eat peppers?

- Any way you want!
- Plain or with hummus
- Mix them in salads, stir-frys
- Make a stuffed bell pepper

