

# HARVEST OF THE MONTH

# RED AND YELLOW BELL PEPPER

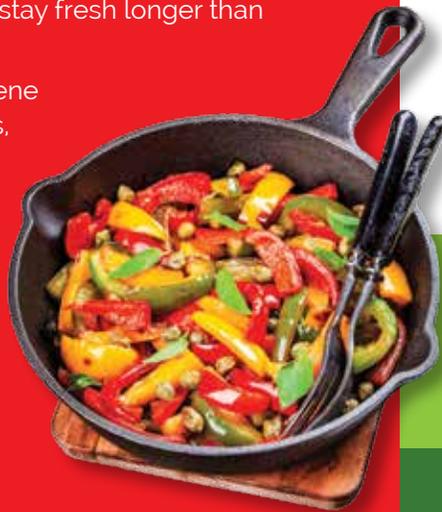
## AUGUST

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become. Yellow bell peppers lack the sour taste green peppers sometimes have.

### STORAGE



- Store peppers in the coolest part of a storeroom or warmest part of a refrigerator.
- Store red and green bell peppers in the vegetable crisper of the refrigerator.
- Typical shelf life is 8 to 10 days.
- Green bell peppers will usually stay fresh longer than orange or red peppers.
- Store peppers away from ethylene producing fruits, such as apples, bananas and pears.
- Store peppers away from foods that absorb odors.
- To freeze: slice or chop peppers, spread in a single layer on cookie tray and freeze, then promptly place in airtight containers or heavy-duty freezer bags and return to freezer.
- Foods kept constantly frozen at 0° F will keep safely indefinitely.



### BENEFITS

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium.

#### Talking to Students about Vitamin B6

Vitamin B6 supports normal nervous system function and brain development.

### SELECTION

- Choose firm, brightly colored peppers with tight skin that seem heavy for their size.
- Avoid dull, shriveled or pitted peppers.

### PREPARATION

- First, wash and dry bell peppers.
- Then, remove the stem by cutting around it in a circle. This gets rid of most of the seeds.
- When you look inside, you'll see the white "ribs;" slice down the ribs, so that you have three or four pieces of pepper.
- Do not soak peppers.

### TASTING TIP

Be a good role model by eating new foods with children.



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**COMMISSIONER SID MILLER**

