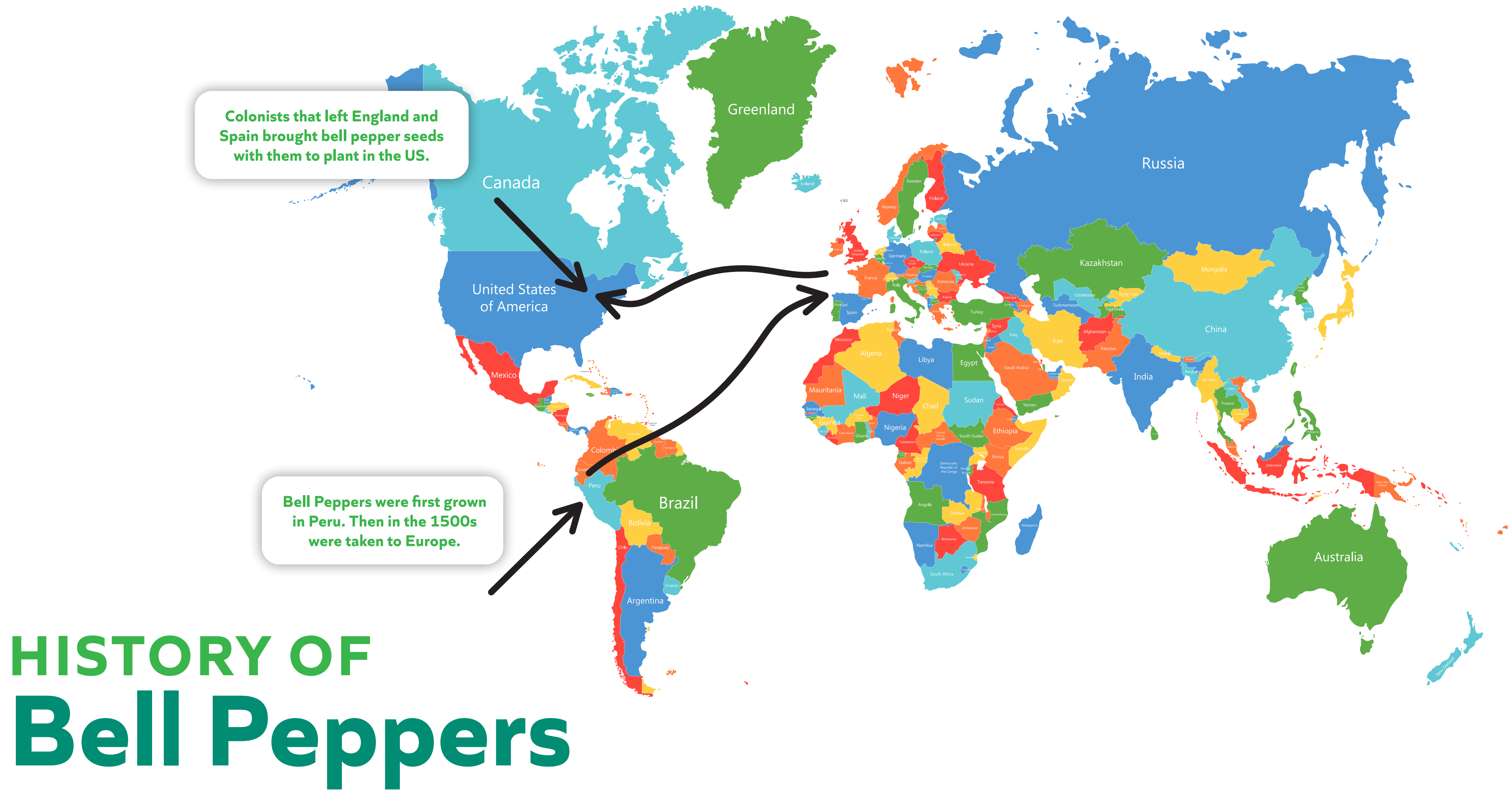




HARVEST OF THE MONTH:

Bell Peppers





Bell peppers grow
on a plant.

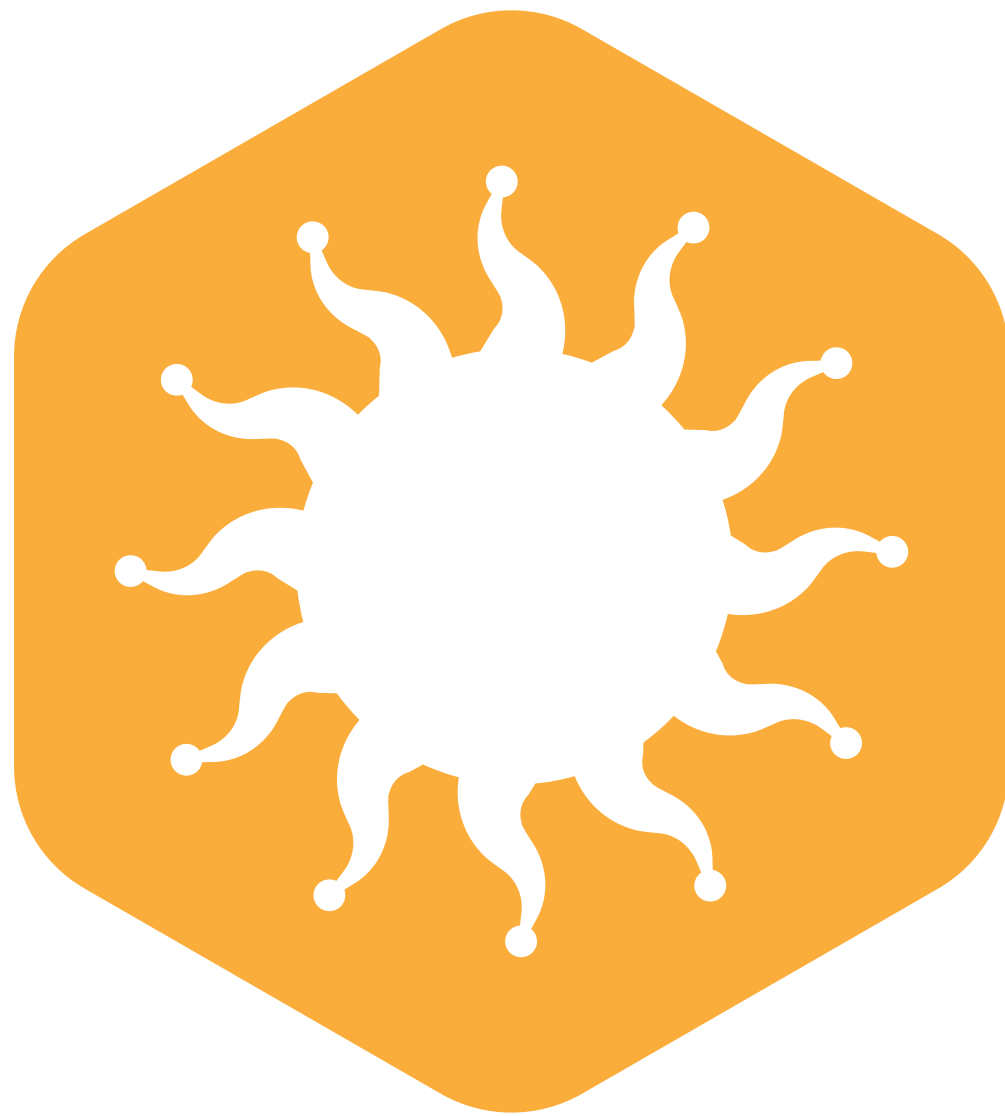
In SD, bell pepper
seeds may be planted
in the spring.



After pollination, the
bell pepper flowers swell
into the bell peppers we eat.

HOW DO BELL PEPPERS GROW?

WHAT SEASON DO WE PICK BELL PEPPERS?



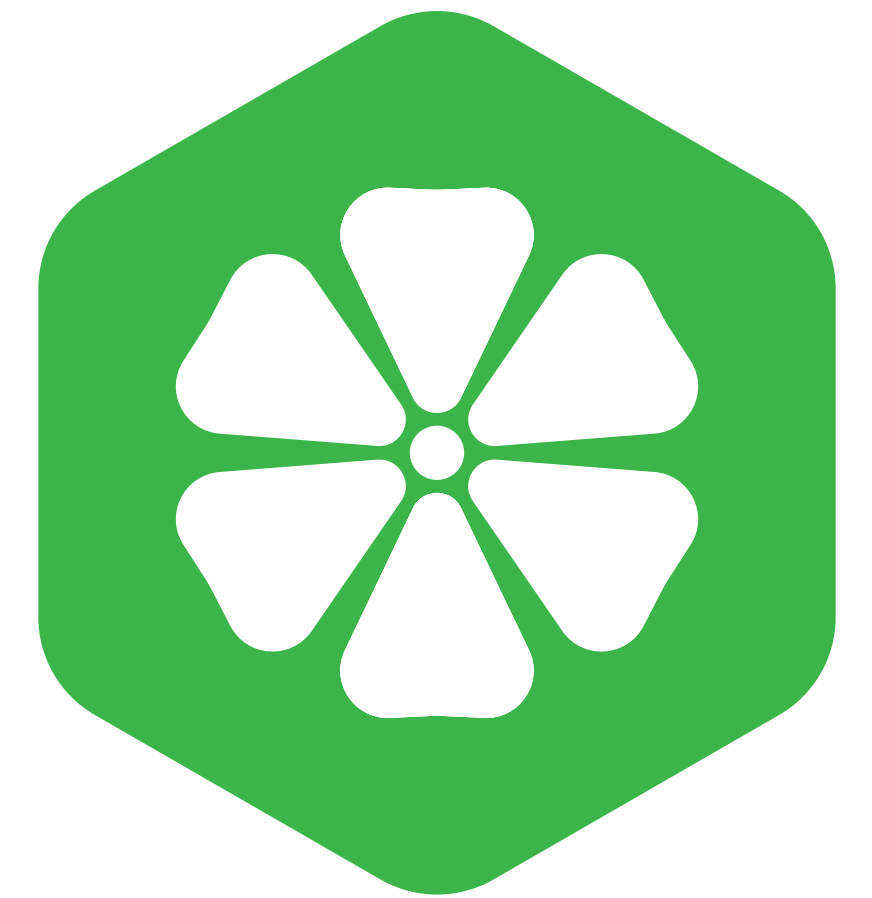
SUMMER



AUTUMN



WINTER



SPRING

Bell Peppers can be harvested year-round in Florida and California.

WHY SHOULD WE EAT BELL PEPPERS?

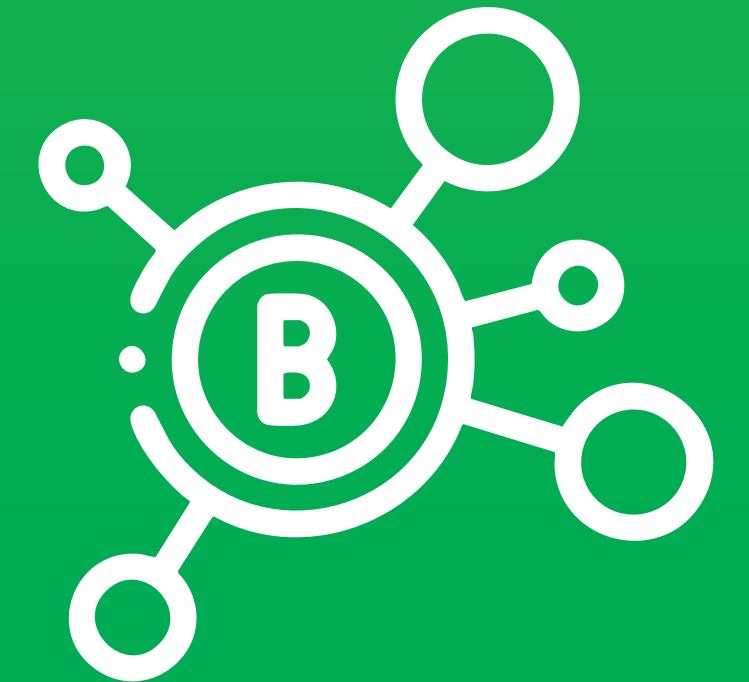
Healthy immune system
(prevents colds)



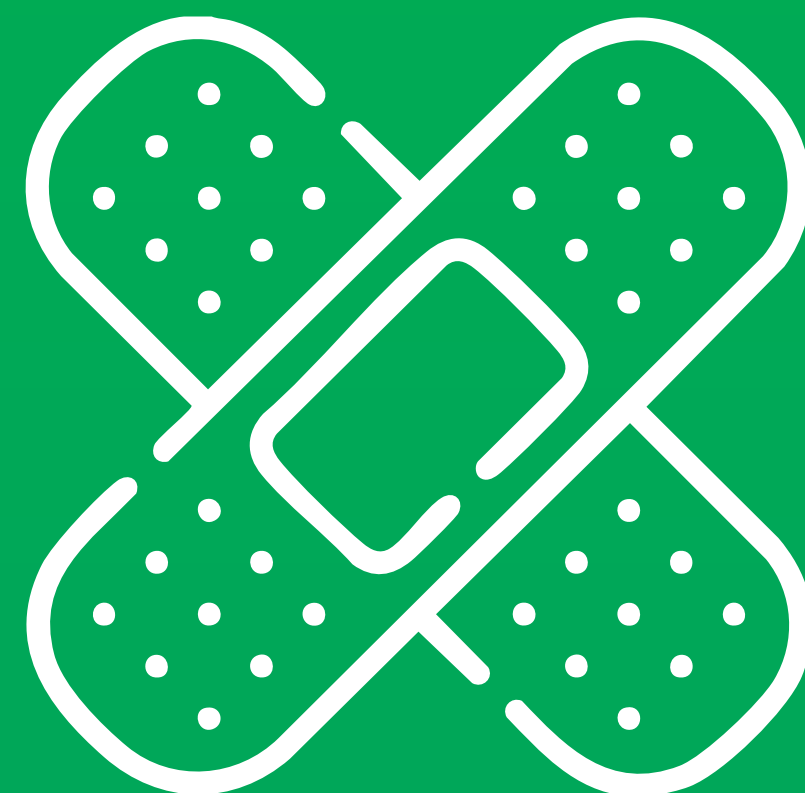
Healthy eyes



B Vitamins



Contains vitamin
K – heals cuts



Healthy muscles



HOW DO YOU PICK A GOOD BELL PEPPER?

- Bell peppers should be firm.
- The skin of the pepper should be bright and shiny.
- The red, yellow, and orange peppers are sweeter than the green and purple peppers.

FUN FACT: All 200 varieties of sweet peppers start out green. As they ripen and get sweeter, they turn red, yellow, orange, purple, brown and black.





LET'S TRY SOME

Bell Peppers!

