

# Harvest of the Month™

## FALL - PEPPERS



PEPPERS, BOTH SPICY AND SWEET, ARE AN AMAZING LOCAL FOOD THAT ARE FULL OF VITAMIN C, VITAMIN A, VITAMIN K, AND VITAMIN B. IN SMALL SERVINGS, SPICY PEPPERS ARE KNOWN TO IMPROVE IMMUNITY AND HELP PREVENT SICKNESS.

## FOOD WASTE PREVENTION

- STORE PEPPERS IN THE FRIDGE IN A PRODUCE BAG
- IT IS BEST FOR PEPPERS TO BE DRY IN THE FRIDGE BECAUSE WATER CAN SPEED UP THE ROTTING PROCESS
- WHOLE PEPPERS LAST LONGER THAN CUT PEPPERS, SO ONLY CUT PEPPERS IF READY TO SERVE
- YOU CAN ALSO FREEZE PEPPERS TO LAST MANY MONTHS, SIMPLY ADD THEM IN A SOUP, STIR FRY, OR SAUCE TO COOK

## HEALTHY SERVING IDEAS



SERVE SLICED BELL PEPPERS WITH HUMMUS



ADD JALAPENO OR OTHER HOT PEPPERS TO SALSA OR GUACAMOLE



ADD SLICED PEPPERS TO SANDWICHES, SALADS, AND WRAPS



## FUN FACTS

THE BEST WAY TO COOL YOUR MOUTH AFTER EATING A SPICY PEPPER IS BY DRINKING MILK!

## COMMON PEPPER VARIETIES



### BELL

RED, ORANGE, YELLOW, GREEN, PURPLE, AND BROWN! SWEET AND CRUNCHY

### JALAPENO

GREEN BUT TURNS RED AS IT GETS RIPER. CAN BE MILD TO SPICY DEPENDING ON VARIETY



### BANANA

MILD AND TANGY YELLOW PEPPER, OFTEN USED ON PIZZA AND SANDWICHES

### CAYENNE

RED AND SLENDER. MOST COMMONLY FOUND DRIED AND USED AS A SPICE




### SHISHITO

GREEN PEPPERS EATEN WHOLE! CAN BE MILD TO SPICY DEPENDING ON RIPENESS

## FUN FACTS

PEPPERS MAY BE THE MOST VERSATILE AND COLORFUL VEGGIE AROUND! THEY CAN BE RED, ORANGE, YELLOW, GREEN, BROWN, PURPLE, AND EVEN WHITE! THEY CAN BE ROUND LIKE A CHERRY, SQUAT AND CHUNKY, OR LONG AND THIN.





# PEPPER SEED SAVING ACTIVITY

## MATERIALS

- PEPPER OF YOUR CHOICE
- PAPER TOWEL
- POT
- SOIL
- WATER

## INSTRUCTIONS

1. CUT OPEN THE PEPPER AND REMOVE THE SEEDS
2. REMOVE ANY THAT ARE DISCOLORED OR DAMAGED
3. SPREAD THE SEEDS OUT ON A PAPER TOWEL TO DRY
4. PLACE THE DRYING SEEDS IN A WARM AREA OUT OF DIRECT SUNLIGHT
5. TURN THE SEEDS EVERY FEW DAYS TO GET THEM EVENLY DRY
6. ONCE THEY ARE FULLY DRY, PLANT THEM IN A POT WITH SOIL IN SPRING

ACTIVITY FROM: <https://www.gardeningknowhow.com/edible/vegetables/pepper/harvesting-pepper-seeds.htm#:~:text=proper%20pepper%20seed%20saving&text=store%20seeds%20in%20a%20cool,the%20seed%20dry%20and%20cool>



## STUFFED BELL PEPPERS

### INSTRUCTIONS

1. REMOVE TOP AND SEEDS FROM PEPPERS. STEAM THEM UNTIL ALMOST TENDER, ABOUT 3-5 MINUTES
2. TO MAKE FILLING, SAUTÉ ONION, GARLIC, AND CELERY IN OIL. ADD BEANS, RICE, PARSLEY AND PEPPER
3. PLACE BELL PEPPERS IN A BAKING PAN AND SPOON 1/2 CUP OF FILLING INTO EACH PEPPER
4. TOP WITH GRATED CHEESE
5. BAKE AT 350 DEGREES FOR 10-15 MINUTES
6. ENJOY!

### INGREDIENTS

- 6 BELL PEPPERS
- 1/2 CUP CHOPPED ONION
- 1/2 CUP CHOPPED CELERY
- 1 CLOVE GARLIC
- 2 TBSP OIL
- 1 CAN KIDNEY BEANS
- 2 CUPS COOKED RICE
- 1 TBSP PARSLEY
- 1/4 TSP PEPPER
- 1/2 CUP GRATED CHEDDAR CHEESE