

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Bell pepper

Bell Peppers are good for you because: it has a lot of Vitamin C and A. Vitamin C is helpful in making you have good skin and blood vessels..

Farm to School ~

Peppers are categorized as a fruit with farmers, but are considered vegetables because of their nutrition.
Peppers need warm soil, around 70-84 degrees. The soil needs to be kept moist, but be careful not to drown the plants.
China is currently the largest grower of peppers.

Selection and Storage ~

Choose firm, brightly colored peppers with tight skin and are heavy for their size. Stay away from shriveled pepper or dull peppers.
Refrigerate bell peppers in a plastic bag for up to 5 days.

Origin ~ Where did it come from?

Peppers are native to Mexico, Central America, and northern South America. The Spanish imported peppers to Europe in the 1400s, where it was eventually spread to Africa and Asia.

Fun Facts



Red bell peppers are simply green bell peppers that have been left on the vine to ripen more
Red bell peppers have more than twice the amount of Vitamin C than green bell peppers



Word Search

N	E	S	E	T	N	F	V	N	W
E	R	P	O	E	H	V	E	Q	O
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A	C	I	R	E	M	A	T	D	F
AMERICA	BELL	GREEN							
PEPPER	RED	RIPEN							
SOIL	VEGETABLE	VITAMIN							



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BELL PEPPER COLORING



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