Harvest of the Month

September

PEPPERS

Health Benefits

• Peppers are a greater source of Vitamin C than oranges.

• They are high in antioxidants, which help protect your cells from UV light and other oxidative damage.

• Red peppers are a good source of vitamin B6, which is important for maintaining healthy brain function and also supports the immune system.

• Red peppers contain more Vitamin A, Vitamin C, and Folate than green peppers.

Snacking + Cooking Tips

• Chop peppers with ripe tomatoes and onions. Mix with lime juice and salt. Serve with tortilla chips.

• Slice a pepper in half and stuff with rice, finely chopped vegetables, chili powder, salt, and pepper. Sprinkle with cheese and bake at 350 degrees until the walls of the pepper are tender.

• Saute peppers with olive oil, garlic, and cherry tomatoes. Then lay over whole grain pasta.

• Peppers are easy to freeze. Simply chop and place in freezer bags. No blanching necessary.

Shopping + Storage Tips

• Choose bell peppers that are firm and heavy for their size, with bright coloring.

• Stems should be firm and green.

• Avoid peppers with thin, wrinkled skin or sunken areas.

• Whole peppers can be stored in the refrigerator for at least 5 days.

Harvest of the Month highlights a locally available crop each month of the year in school cafeterias, community organizations, restaurants and grocery stores. The program helps children, their caregivers, and the broader community learn more about healthy, seasonal, whole-foods eating, while supporting local farms.