

# Bell Peppers





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## SHOPPER'S TIPS

- Look for peppers that have firm, smooth skin and a fresh green stem.
- Avoid peppers with sunken areas, broken skin, or black spots.

## FUN FACTS!

- Bell peppers can be found in a rainbow of colors including red, orange, yellow, green, purple, and chocolate brown.
- Green and red bell peppers come from the same plant. As bell peppers mature, their color changes from green to red. That's why red bell peppers are sweeter than green bell peppers — they are riper!

## WHAT IS IN IT FOR YOU?

A medium-sized green, yellow, or red bell pepper is:

- An excellent source of vitamin C.
- A source of vitamin B6.

## SERVING IDEAS

- Add sautéed bell pepper slices to chicken dishes.
- Add chopped bell peppers to your favorite salads or pasta sauces.

## PEAK SEASON

California grown varieties, available from late spring to mid-fall, may be fresher and cost less than varieties shipped from other regions.

## STORAGE

Store bell peppers in a plastic bag in the refrigerator for up to five days.