

# Harvest of the Month



September



Bell Peppers



## Pick:

- Choose peppers that have firm skin and are free of wrinkles. The stem should appear fresh and green.
- Avoid peppers with sunken areas, slashes or black spots.

## Store:

- Store unwashed bell peppers in a plastic bag in the crisper drawer of the refrigerator for up to 1 week.

## Prepare:

- Wash peppers just before serving. Using a paring knife gently remove the stem and seeds.
- Peppers can be cut into various shapes and sizes.

## Nutrition Info

One cup chopped bell peppers has 40 calories and provides vitamins A & C and fiber.

## Fun Facts

Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen. Red bell peppers also have more than twice the vitamin C of a green pepper.

The most popular bell pepper in the United States is the green bell pepper, but bell peppers can also be red, orange, yellow, purple or even chocolate brown!

## Uses

Bell peppers can be grilled, baked, sautéed, roasted, and eaten raw. They can also be stuffed, added to kabobs, or mixed into soups or salads.

## We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! *Each month we'll ask a new question...and give you a new chance to win!*

### Here's This Month's Question:

Elementary schools throughout La Crosse County are using a variety of strategies to get kids to eat more fruits and vegetables, including Farm2School and school gardens. Has a child you know mentioned anything about their experience to you? When sharing quotes, please make them anonymous (do not include the child's name).

### To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than Sept. 30<sup>th</sup>, 2013 by e-mail to [HOMstories@lacrossecounty.org](mailto:HOMstories@lacrossecounty.org) or send us a facebook message at [www.facebook.com/GetActiveLaCrosseCounty](http://www.facebook.com/GetActiveLaCrosseCounty)

## Taco Filling with a Twist!

Serves 8 (1/2 cup per serving)

### Ingredients:

- ½ pound lean ground beef
- 3 bell peppers, diced
- 1 (16 ounce) can black beans, drained and rinsed
- 1 onion, diced
- 1 packet of taco seasoning
- ½ cup water

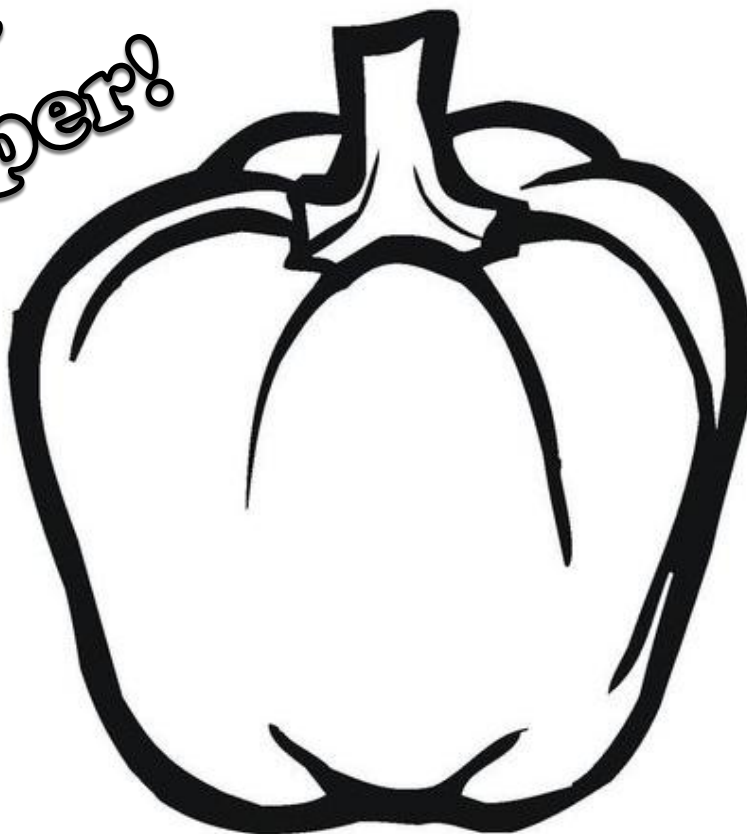
### Directions:

Brown ground beef in a large pan until cooked through; drain and rinse under hot running water. Set aside. Sauté peppers and onions until tender; add cooked beef, water, taco seasoning and black beans. Continue cooking until water has evaporated. Serve with desired taco toppings: lettuce, avocado, tomatoes, whole wheat tortillas, shredded cheese, etc.

Tip: Leftover taco filling can be used in other dishes, or frozen for up to 6 months. Try this filling with pasta or on pizza crust for an easy second meal!

For more information on Farm2School & Foot Steps to Health visit:  
[www.GetActiveLacrosse.org](http://www.GetActiveLacrosse.org)

Color a  
Bell Pepper!



## Nutrition Facts

Serving Size 1/2 cup (178g)  
 Servings Per Container 8

Amount Per Serving

**Calories** 130      **Calories from Fat** 40

% Daily Value\*

**Total Fat** 4.5g      **7%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 25mg      **8%**

**Sodium** 570mg      **24%**

**Total Carbohydrate** 14g      **5%**

Dietary Fiber 4g      **16%**

Sugars 3g

**Protein** 10g

Vitamin A 10%      • Vitamin C 80%

Calcium 4%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4