

# Harvest of the Month



October



Bell Peppers



## Pick:

- Choose peppers that have firm skin and are free of wrinkles and blemishes. The stem should appear fresh and green.
- Color is not an indicator of ripeness.

## Store:

- Store unwashed bell peppers in a plastic bag in 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.

Bell peppers provide 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.

Bell peppers can also be stuffed, added to kabobs, or mixed into soups or salads.

## Family Friendly Activities

Have your child examine a bell pepper. Have them predict what the texture will be, what it will smell like, and what it will taste like. Record their observations. Then cut into the bell pepper. Have your child describe what they see. Where are the seeds? What are they for? Then discuss the nutritional value of the pepper.

Have a taste test with the different colors of bell peppers! Bell peppers can be red, orange, yellow, green and even purple. Prepare each of them and compare the flavors. Which one was sweetest? Which one is your favorite?

# Harvest of the Month

## Nutrition Facts

Serving Size 3/4 cup (226g)  
Servings Per Container 8

Amount Per Serving

**Calories** 180    **Calories from Fat** 80

**% Daily Value\***

**Total Fat** 9g    **14%**

Saturated Fat 5g    **25%**

Trans Fat 0g

**Cholesterol** 45mg    **15%**

**Sodium** 480mg    **20%**

**Total Carbohydrate** 13g    **4%**

Dietary Fiber 2g    **8%**

Sugars 7g

**Protein** 12g

Vitamin A 25%    •    Vitamin C 60%

Calcium 4%    •    Iron 8%

\*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

## Jambalaya

Serves 8

### Ingredients:

- 1 cup each chopped green onions, celery and green pepper
- 1 tsp. minced garlic
- 4 Tbsp. butter
- 3 cups stewed tomatoes, chopped
- ½ cup water
- 1 (6 ounce) can tomato paste
- 2 tsp. sugar
- 1 tsp. dried basil
- ½ tsp. hot pepper sauce
- 2 cups ham, diced
- Hot, cooked rice, optional

### Directions:

In a large saucepan, sauté onions, celery, green pepper and garlic in butter until tender. Stir in tomatoes, water, tomato paste, sugar, basil and pepper sauce; bring to a boil. Reduce heat; simmer uncovered, for 30 minutes, stirring occasionally. Add ham; cook and stir for 5 minutes. Serve alone or over rice.

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

Color a  
Bell Pepper!

