

# SEPTEMBER HARVEST OF THE MONTH



## SWEET BELL PEPPERS



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MONTH  
RESOURCES!



# TRY SWEET BELL PEPPERS AT HOME! HEALTH & NUTRITION

Sweet peppers are low in calories and an excellent source of dietary fiber.

They are also packed with healthy nutrients and minerals, including: Vitamin C, Vitamin B6, Vitamin A, Folate, and Molybdenum.

Compared to green bell peppers, the red ones have almost 11 times more beta-carotene and 1.5 times more Vitamin C, and they are sweeter!

## ? DID YOU KNOW

Green peppers are simply red, orange, yellow, or purple peppers that have not ripened.