

# Bell Peppers

Bell peppers can be found in a rainbow of colors and can vary in flavor according to their color. This is because as the pepper ages, the flavor becomes sweeter and more mild.



## WHY SHOULD I EAT THIS?

Bell peppers are high in vitamin C, which helps heal cuts and wounds, and are a good source of vitamin A, which promotes eye health.

## MAKE A GOOD SELECTION

Choose bell peppers that are firm, bright in color and have tight skin.

## PROPER STORAGE

Store unwashed bell pepper in a plastic bag in the refrigerator for up to one week.

## WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 						X	X	X	X	X		
<b>MARKET</b> 						X	X	X	X	X		

Source(s): Nebraska Buy Fresh Buy Local and SNAP-Ed Connection

## HOW COULD I USE THIS?

- Add to sandwiches or wraps
- Try adding bell peppers to a salad
- Add to salsa
- Add peppers to a stir-fry
- Dice and add to a quesadilla or taco
- Add to a pasta sauce
- Add to a stew, soup or chili
- Make fajitas by cooking peppers and onion together
- Grill peppers or grill them on a kabob
- Slice raw peppers and eat them with a dip or hummus