

Bell Peppers

Nebraska Seasonal Produce Guide

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 milder.

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.



Proper Storage

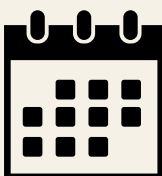
Store unwashed bell peppers in a plastic bag in the refrigerator for up to one week.

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 onions together
- Grill peppers or grill them on a kabob
- Slice raw peppers and eat them with a dip or hummus

Make a Good Selection

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



Seasonal Availability in Nebraska

Harvest Season: June through October

Market Availability: June through October



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