

# 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.

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## 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 pepper in a plastic bag in the refrigerator for up to one week.

## Make a Good Selection

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

## 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

## What is the Seasonal Availability of This Item?

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



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