

# Farm to School

**October is...**

NATIONAL  
**FARM** to  
SCHOOL  
MONTH



# MINI PEPPERS (they're sweet!)

## **History**

Peppers originated in Central and South America. Mini peppers were developed from bell peppers and hot peppers to produce a small, sweet pepper without spice.



## **Nutrition**

These little peppers pack a punch of Vitamins A and C, both of which are important for healthy bones and healthy skin!

## **Fun Fact**

Peppers got their name from Europeans because the spicy flavor of hot peppers was similar to the heat from the spice black pepper.

# Growing and Harvest



- Pepper seeds need warm soil to grow. Seeds are usually started inside, and the plants are moved outside in the spring when the danger of frost is past.
- Peppers are most widely available in the late summer through the fall.
- Plants are trimmed about 6 weeks before the first frost to help the peppers already growing mature more quickly. Then they can be harvested before it gets too cold!

Your Mini Peppers were grown by:

**Eagle Raod Farms  
in Quarryville, PA**

# Activity



Look at the different types of peppers below. Which ones would you like to try? Write 1-2 sentences about why you'd like to try them.



From Growinginthegarden.com