

# RED PEPPERS

## History

Sweet peppers were not widely grown until after World War II, and now there are more than 200 varieties.

## Nutrition

By weight, red peppers have 3 times as much vitamin C as oranges

## Fun Fact

Bell peppers are actually fruits because they have seeds inside and come from flowering plants, but in the food world, we think of them as vegetables.



# Growing and Harvest



- Bell peppers are a warm season crop. The seeds can be started inside in late winter and planted in the ground in the spring.
- When peppers grow on the plant, they start off green and change color as they ripen.
- These red peppers will be sweeter than the sun tan peppers you had last week because they were allowed to ripen longer and all the green is gone!

# Activities



LEARNING COLORS  
**RED**

## Peppers



- |         |          |          |         |
|---------|----------|----------|---------|
| ANAHEIM | CHIPOTLE | HOT      | PIMENTO |
| BANANA  | FRESNO   | JALAPENO | POBLANO |
| BELL    | GHOST    | MEDIUM   | PUYA    |
| CAYENNE | GREEN    | MILD     | RED     |
| CHERRY  | HABANERO | MOLE     | TABASCO |
| CHILI   | HATCH    | PAPRIKA  | YELLOW  |