

Bell Pepper

Bell pepper is a cultivar group of the species *Capsicum annuum*. The main colors of bell peppers are green, yellow, orange and red. More rarely, color can be brown, white, lavender, or

dark purple, depending on the variety of pepper. Most typically, unripe fruits are green or, less commonly, pale yellow or purple. Red bell peppers are simply ripened green peppers. Bell peppers are sometimes grouped with less pungent pepper varieties as "sweet peppers". Peppers are native to Mexico, Central America, and northern South America. The ribs and seeds inside bell peppers may be consumed, but some people find the taste to be bitter. Pepper seeds were carried to Spain in 1493

and from there spread to other European, African, and Asian countries. Today, China is the world's largest pepper producer, followed by Mexico and Indonesia.



Bell peppers are rich sources of antioxidants and vitamin C. The level of carotene, like lycopene, is nine times higher in red peppers. Red peppers have twice the vitamin C content of green peppers.

Red and green bell peppers are high in para-coumaric acid.

Ideal growing conditions for bell peppers include warm soil, ideally 70 to 84 °F, that is kept moist but not waterlogged. Bell peppers are sensitive to an abundance of moisture and extreme temperatures. Although peppers are available throughout the year, they are most abundant and tasty during the summer and early fall months.