

Peppers can taste hot or sweet!



**CHOOSE FIRM,
BRIGHTLY-COLORED
PEPPERS WITH A SHINY,
SMOOTH SKIN. AVOID
DULL AND WRINKLY
PEPPERS.**

PEPPERS ARE LOW IN CALORIES & FAT, BUT HIGH IN FIBER!

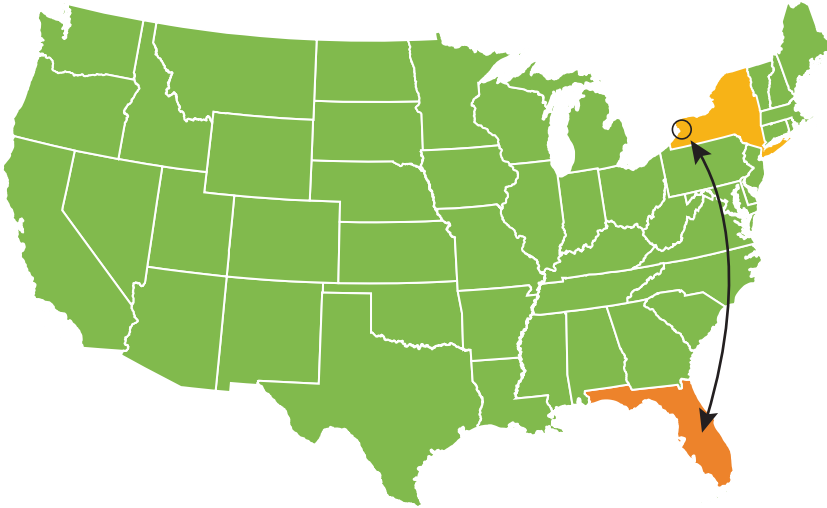
**The most popular type
of pepper in the US is the
GREEN BELL PEPPER!**

**THE HOTTEST PART OF THE PEPPER IS THE SEEDS AND FLESH INSIDE.
REMOVE THESE BEFORE USING TO 'COOL' IT DOWN!**

**Peppers of all types are great
raw or cooked!**

**WITH FLORIDA ACCOUNTING FOR MOST OF THE NATION'S PRODUCTION,
GREEN BELL PEPPERS MUST TRAVEL ABOUT 1250 MILES TO REACH BUFFALO.**

**OUR NEW YORK STATE PEPPERS ONLY HAVE TO TRAVEL
24 MILES TO REACH THE CAFETERIA!**



**Peppers are pretty low maintenance
and easy to grow, even in a pot or
small container!**

**MAKE IT COLORFUL!
PEPPERS COME IN A WIDE
VARIETY OF COLORS –
ADD THEM TO EVERYTHING
LIKE SANDWICHES,
SALADS, AND BURGERS TO
ALL A LOT OF COLOR AND
CRUNCH TO ANY MEAL!**

