

Peppers



Pepper Facts

- Did you know that a sweet red pepper is simply a mature green bell pepper?
- Bell peppers have a bell shape.
- Bell peppers come in a rainbow of colors and have varying levels of sweetness.
(They come in green, red, yellow, purple, white and even brown.)
- In some countries, they package red, yellow and green peppers in packs of three and call them “traffic light peppers”.
- Red bell peppers are the sweetest of all the colors.
- By weight, a sweet red bell pepper contains three times as much vitamin C as a citrus fruit such as an orange. *(One serving or ½ cup, about 5 strips, provides 100 percent of your daily requirement of vitamin C! Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- Red bell peppers contain the antioxidant *lycopene*. *(Lycopene is an antioxidant that may help reduce the risks of cancer and other diseases.)*
- Did you know that peppers can get a suntan? *(A suntanned pepper is a green pepper with red spots.)*
- New Jersey ranks 4th in bell pepper production in the country.

