Peppers are in season in New Jersey during the warmer months of the year, from July through October. The largest supply of peppers is available in New Jersey during July, August, and September.

**JERSEY TASTES!**

**ACTIVITY SHEETS**

**Plentiful Peppers**

**ACTIVITIES:**

Pre-K: Pepper Coloring Sheet  
Lower Elem: Growing Vegetable Soup Lesson Plan  
Upper Elem: Seeds & Pollination: Investigating the Number of Seeds in Bell Peppers  
Middle: A Seedy Fruit Challenge  
HS: Too Hot to Handle" Pepper Science Project

**HOW DOES IT GROW:**

How is it Grown: Pepper Video

**FUNDAMENTALS:**

1. Red/yellow/orange bell peppers are simply green bell peppers that have been left on the vine to continue to ripen.  
2. Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables.

**NUTRITION FACT:**

Peppers have the highest amount of Vitamin C of any produce item. The Vitamin C content of peppers increases with ripeness.

**RECIPE:**

Jersey Tastes! Recipe Videos  
Roasted Red Pepper Hummus & Recipe  
![Breakfast: Spinach & Pepper Egg Bake](image)  
Lunch: Roasted Red Pepper Sandwich  
Dinner: Jersey Fresh Stuffed Bell Pepper

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**MADE IN COLLABORATION WITH:**

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