

OREGON BELL PEPPERS

Botanically, bell peppers are considered a fruit, but they are prepared and served as a vegetable.

Bell peppers are related to tomatoes, potatoes, and eggplants!



NUTRIENTS FOUND IN BELL PEPPERS

- ~ Green bell peppers are an excellent source of vitamin C, containing more than twice as much vitamin C as an orange.
- ~ Red bell peppers are also an excellent source of vitamins A and B6.
- ~ Bell peppers provide folate, potassium, and vitamin E in addition to other important nutrients!

Peppers originated in Mexico. They were spread, most likely by birds, all over South and Central America.



Bell peppers grow better in Oregon than hot peppers because of the mild summer temperatures and shorter growing season.



Bell peppers can be yellow, green, orange, red, purple, white, or brown.



Ripe red, yellow, and orange bell peppers are usually sweeter than green bell peppers.

