



FAMILY NEWSLETTER



NUTRIENTS FOUND IN PEPPERS

- Peppers are an excellent source of vitamin C, containing more than twice as much vitamin C as citrus fruits.
- Good source of vitamins A and B6.
- Folate
- Potassium
- Manganese
- High in antioxidants



LIVING AND EATING GREEN

- Go on a family bike ride to your local farmer's market.
 - Bring your own bags to the market so that you have an easy way to bring all of the delicious fruits and vegetables home!
- When you get home, prepare a meal using some of the fresh ingredients!



PRODUCE POINTERS

- Select fresh peppers that are firm, brightly colored and glossy.
- The best peppers will have a firm green stem and will feel heavy for their size.
- Avoid peppers that feel thin and have soft and/or wrinkled skin or brown patches.
- Sweet peppers will stay fresh in the refrigerator for 3-4 days. Red peppers are riper than green peppers and will spoil more quickly.
- To preserve freshness, don't wash peppers until immediately before use.
- Peppers can be canned or frozen with great success.

HEALTHY, FIT AND READY TO LEARN

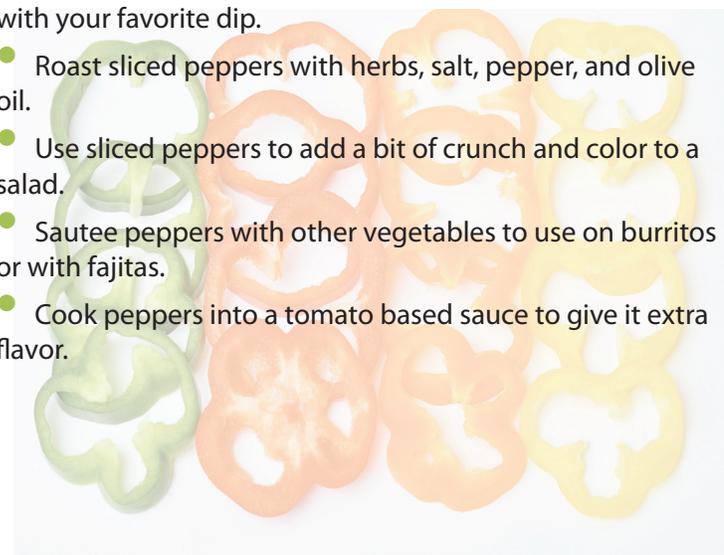
Offer your child fruits and vegetables with every meal and as snacks. Crunchy mini-sweet peppers make a delicious and refreshing afternoon snack!





YOUR OREGON KITCHEN QUICK AND EASY!

- Slice peppers into strips or rings and eat them plain or with your favorite dip.
- Roast sliced peppers with herbs, salt, pepper, and olive oil.
- Use sliced peppers to add a bit of crunch and color to a salad.
- Sauté peppers with other vegetables to use on burritos or with fajitas.
- Cook peppers into a tomato based sauce to give it extra flavor.



GROWN IN OREGON

Sweet peppers grow better in Oregon than most hot peppers because of the mild summer temperatures and shorter growing season. Look for fresh sweet peppers at your local farmer's market from July through October.

JUST FOR KIDS

Taste test the assortment of sweet pepper colors and shapes! Predict whether the peppers will smell and taste the same or different. Have an adult cut up different peppers. Will some sweet peppers be spicier than others? If so, which ones? All you need is a knife, cutting board, and several different peppers.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES		
	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

RECIPE: *Stuffed Bell Peppers*

Ingredients:

- 1 1/2 lbs sweet Italian sausages, casings removed
- 1 1/2 cups coarsely grated zucchini (about 1 large)
- 1/2 cup finely chopped red onion
- 1/3 cup minced fresh parsley
- 1/4 cup fine dry bread crumbs
- 1 large egg
- 1 teaspoon ground black pepper
- 3/4 teaspoon salt
- 1/2 teaspoon minced fresh rosemary
- 4 medium-size red bell peppers (each about 4 to 6 ounces), halved lengthwise, seeded
- Fresh rosemary sprigs

Directions:

- Preheat oven to 350°F.
- Mix sausage, zucchini, onion, parsley, bread-crumbs, egg, black pepper, salt, and rosemary in large bowl until well blended.
- Fill pepper halves with sausage mixture, dividing equally and mounding slightly.
- Arrange in 13 x 9 x 2-inch baking dish. (Can be made 1 day ahead. Cover; chill.)
- Bake peppers uncovered until tops are browned, about 1 hour. Transfer peppers to platter. Garnish with rosemary sprigs and serve.



Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition. Look for Oregon Farm to School and School Garden Program under Associated Topics.