

Louisiana HARVEST *of the* MONTH



Peppers

Fun Facts About Peppers!

- Green bell peppers are just the first stage of ripeness! They turn red, orange, yellow, purple and even brown and get sweeter as they ripen.
- Red bell peppers have more than twice as much vitamin C as green bell peppers. Eat them raw for the full benefit.
- Drink milk to counteract the spicy hot sensation of capsaicinoids when eating hot peppers.

Peppers Are Nutritious and Good for You!

- Excellent source of vitamin C.
- Good source of vitamins A and B6.
- Low in calories.



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