

SPOTLIGHT ON PRODUCE

WHAT AM I?

Sweet peppers are a part of the “Nightshade” family, and come in an assortment of different colors!

They are eaten either raw or cooked, and originate from South America.

HOW DO I GROW?

Sweet peppers grow on a bush like plant that ranges from 1-3 feet tall. Each color is dependent on the time it is picked, green being first and red being last.

NUTRITION FACTS

Each pepper is packed with nutrients like vitamin C and many antioxidants.

FUN FACTS

Sweet peppers are actually considered a fruit, specifically a berry. They grow from a flower and have seeds inside!

SWEET PEPPERS

