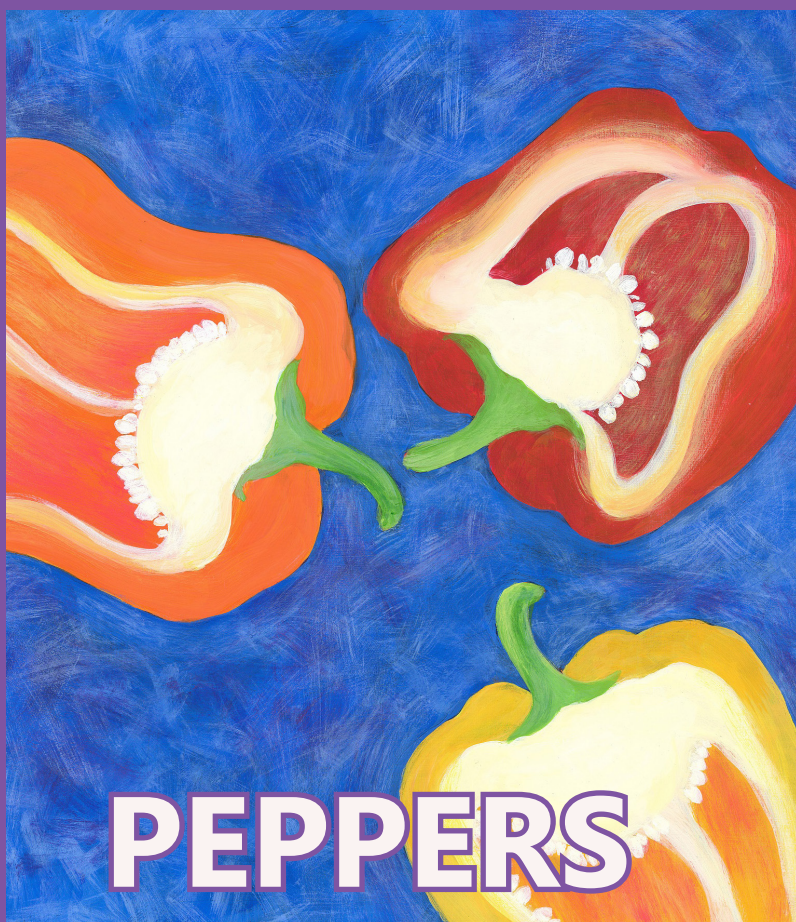


Harvest of the Month



Literature Links

- *Zora's Zucchini*, by Katherine Pryor
- *The Have a Good Day Café*, by Frances Park and Ginger Park

Joke Corner

A big pepper is sitting on the couch when his small pepper roommate walks in the door shivering

Big pepper: "Why are you shaking? Are you cold?"

Small pepper: "I'm a little chili."

Local Highlight

September is peak harvest time for many crops in Humboldt County, including peppers!

Check out our video about local bell peppers and Willow Creek Farms:

vimeo.com/channels/hcoenutrition



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Harvest of the Month



PEPPERS

Capsicum annuum



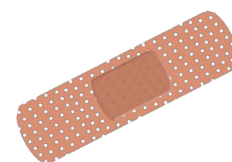
Spanish: el pimiento
Hmong: zaub bell pepper

Nutrition Power

Sweet peppers are an excellent source of vitamin A and vitamin C.



Vitamin A
helps your vision!



Vitamin C
helps you heal!

History

Wild peppers originated in Central and South America. Scientists believe that birds helped to spread the seeds of peppers to other parts of the region, and then humans domesticated the wild peppers into the species we know now. The species that gave rise to bell peppers (*C. annuum*) was domesticated in Mexico. Today, nearly 2,000 varieties of peppers are cultivated worldwide. They are commonly grouped into two categories: hot (chili) and sweet peppers.



Did You Know?

- Plant part we eat: FRUIT
- Botanically speaking, peppers are the fruit of the pepper plant. They are considered vegetables in culinary contexts.
- Capsaicin is the chemical that causes a hot or burning sensation when eating hot peppers. Bell peppers do not produce capsaicin, so they aren't spicy.
- California is the nation's leading grower of sweet peppers.
- A green bell pepper is simply an unripe red, yellow, or orange bell pepper.

