

# Harvest of the Month



## PEPPERS



### TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** a pepper on its own.
2. **MAKE** a dish with peppers using the recipe and ingredients provided.
3. **LEARN** about peppers with the information below.



### Fun Facts

- The pepper plant is a member of the “nightshade” family, which also includes tomatoes and potatoes.
- Nearly 2,000 varieties of peppers are cultivated worldwide. They are commonly grouped into two categories: hot (chili) and sweet peppers.
- By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much. Hot peppers contain even more—357% more vitamin C than one orange!

### Local Connection



Michael and Jennifer Peterson of Willow Creek Farms grow organic produce on 20 acres along the Trinity River in Willow Creek. During the summer their farmers market stand bursts with the bright colors of sweet corn, tomatoes, and bell peppers.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



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