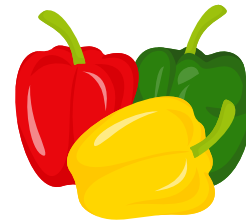


BELL PEPPERS



Did you know?

Bell peppers are usually harvested before they are fully ripe.



Vocabulary

Seed – the part of a plant that can grow into a new plant

Ripe – when a fruit develops its mature color, flavor and texture

Harvest – the time when ripe crops are picked.

Farm Facts

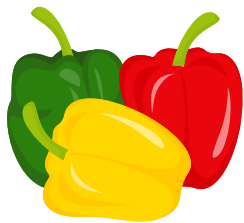
- Bell peppers are warm-season crops.
- Pepper plants produce flowers before producing peppers.
- Bell peppers are usually hand-harvested.
- One pepper plant can produce multiple peppers.

Nutrition

- Vitamin C
- Vitamin A
- Vitamin B6

Vermont Facts

- Vermont's shorter growing season can make protected growing spaces useful for peppers.



BELL PEPPERS



How it's Grown

Plant type: Capsicum annuum

Growing Season: Spring through summer

Harvest Season in Vermont: Summer and early fall

Sunlight Needs: Full sun (6-8 hours daily)

Soil: Fertile, well-drained soil

Pollination: Bees and other pollinators but can also self pollinate

Harvest Method: Picked by hand

Colors

- Green: Often harvested before the pepper is fully ripe. Usually has a more grassy or slightly bitter flavor.
- Yellow: Usually sweeter and more mature than a green pepper.
- Orange: Typically sweet and fully or nearly mature.
- Red: Often left on the plant the longest and tends to be sweeter than green peppers.
- Purple: Some varieties naturally produce purple-colored peppers.
- Not every bell pepper follows the same color progression. Color depends on the variety.

Nutritional Facts

- Vitamin C: Supports normal immune function and helps the body absorb iron
- Vitamin A: Important for normal vision and immune function
- Vitamin B6: Helps the body use nutrients and supports nervous system function
- Fiber: Supports healthy digestion
- Potassium: An important mineral for normal muscle and nerve function.
- Naturally low in calories and fat

Vermont Agriculture

Bell peppers are one of the many vegetable crops grown by Vermont farmers. Peppers require warm temperatures and Vermont has a relatively short growing season, growers may start plants indoors or use high tunnels and greenhouses to give plants additional warmth and protection.

Vermont-grown peppers may be sold through farmers' markets, farm stands, restaurants and other local food outlets.

Buying local bell peppers supports Vermont farm families and the state's agricultural economy.

