



## FUN FACTS ABOUT

# Green Bell Peppers

- Bell peppers come in a variety of colors, sizes and shapes. Their skin should be firm and the stem should be fresh and green. Take out the seeds on the inside before eating.
- Almost all pepper varieties will go through a color change during the ripening process.
- All peppers start out green, and will ultimately become sweeter and change color as they ripen.
- Green bell peppers are less sweet because they are less ripe; red, orange, or yellow colors indicate that a pepper has ripened and will be sweeter.
- Green bell peppers are grown in Iowa and are in season from July to September.
- Green bell peppers are very high in Vitamin C.

