

FUN FACTS ABOUT

Red Bell Peppers

- Bell peppers come in a variety of colors, sizes and shapes. Their skin should be firm and the stem should be fresh. Take out the seeds on the inside before eating.
- Almost all pepper varieties will go through a color change during the ripening process.
- When you eat red bell peppers, they are simply ripened green peppers!
- As a bell pepper ages, its flavor becomes sweeter and milder.
- Red bell peppers are grown in Iowa and harvested from July to September.
- Red bell peppers are full of Vitamin A.



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