

---

## Selection

Bell peppers come in a variety of colors, sizes, and shapes.

Their skin should be firm and the stem should be fresh and green. Avoid peppers with any soft spots.

Take out the seeds on the inside before eating.



---

## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Keep peppers in the vegetable drawer or in a perforated plastic bag to prevent it from drying out.
- ◆ Wash produce only right before eating or cooking.
- ◆ Wash produce under running water to remove dirt and debris.
- ◆ Keep produce and meats away from each other in the refrigerator.

---

## Why Buy Local?

- ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
- ◆ Buying local lets you see and meet the people who produce our food.
- ◆ Your money stays locally and is recirculated in your community.
- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.



### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

---

Originally developed by: Jennifer Blazek,  
UW Extension Polk County, Balsam Lake, WI;  
<http://polk.uwex.edu> (June, 2014)



## Bell Peppers Pimientos

---

## Uses

Peppers are good to eat raw or with your favorite dip.

For extra color in salads, add some bell peppers. Peppers are a great addition to many dishes. Add peppers to pasta, Chinese, or Mexican dishes.



Grilled Vegetable Packets

---

## Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of Beta-carotene
- ◆ Very high in Vitamin C
- ◆ Good source of Vitamin A

---

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements

---

## Try It!

### Grilled Vegetable Packets

#### INGREDIENTS

- 2 Small zucchinis, sliced
- 2 Small yellow squash, sliced
- 4 Small red potatoes, scrubbed and sliced
- 1/2 Red onion, sliced
- 1/2 Bell pepper, red or green, sliced and seeded
- 1/4 cup Light Italian dressing
- Salt & Pepper to taste

#### INSTRUCTIONS

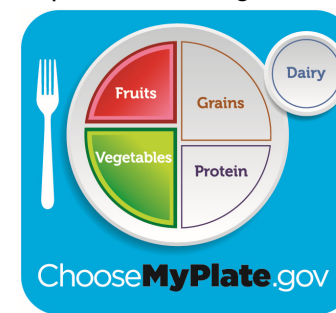
1. Heat grill to medium heat or 350 degrees F.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 20-30 minutes or until potatoes are tender. If you don't have a grill bake veggie packets in the oven at 400 degrees for 20-30 minutes.
6. Before you open the packets, poke

holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!

7. Empty vegetables onto serving plate or serve from foil packets.

Yield: 5 Servings

Recipe Source:  
[www.recipefinder.nal.usda.gov/](http://www.recipefinder.nal.usda.gov/)



---

## History & Fun Facts

Peppers were originally grown in Central and South America.

Peppers can be grouped into two broad categories—sweet peppers (which are mild) and chile peppers (which are hot). Bell peppers are the most common sweet pepper.

Bell peppers can be found in a rainbow of colors and can vary in flavor. As a bell pepper ages, its flavor becomes sweeter and milder.