

# Harvest of the Month



## September: Bell Peppers



# Bell Peppers!



Most bell peppers at the grocery store are red, orange, or green. But there are other less common colors too! There are also purple peppers and white peppers.

Bell peppers contain three times the amount of vitamin C as an orange! Vitamin C is important to protect the body against infections. It also helps you absorb iron!



Peppers are technically fruits, or more specifically berries. However, they are used as a vegetable in cooking. Tomatoes and cucumbers are also examples of fruits!

# Bell Pepper Plant Parts

Roots: absorbs  
water and  
minerals

Stem: supports  
the plant and  
transports  
water and  
nutrients

Leaves: allow the  
plant to  
photosynthesize

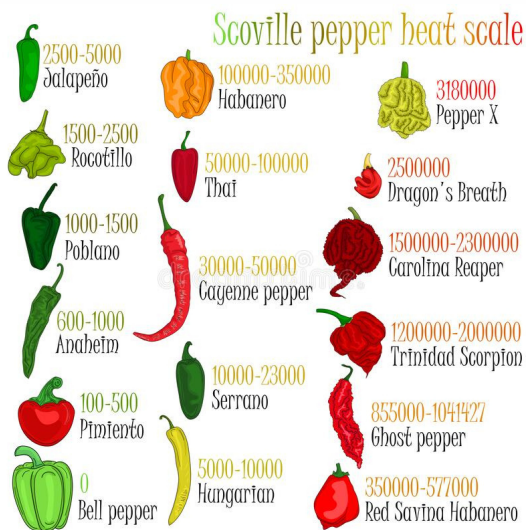


Flower:  
helps the  
plant to  
reproduce

Fruit:  
protects  
the seeds  
of the plant

Draw a line from the pepper plant with to  
the descriptions of its different parts: seed,  
fruit, flower, stem, leaves, and roots

# Bell Pepper Plant Family



Bell Pepper is the common name for the species *Capsicum annum*. *Capsicum* is the genus that bell peppers are a part of and include other peppers such as chili peppers, like habaneros, jalapeños, and ghost peppers. Many peppers are spicy because of a chemical called capsaicin that stimulates a chemical that signals a feeling of pain in the body. Bell peppers, however, don't contain this chemical and aren't spicy because of a gene that stops the production of capsaicin.

Black pepper, also known by its scientific name *Piper nigrum*, is not related to bell peppers or the rest of the *Capsicum* family. Black pepper is produced by drying out the unripe fruit of the pepper plant, which is a flowering vine that is native to southeast Asia. Christopher Columbus first called chili peppers "pepper" because it reminded him and his crew of the taste of black pepper.



Peppers are a member of the nightshade family with their relatives tomatoes, eggplants, and potatoes. Nightshade plants all produce the same natural pesticide.



## Ingredients

3 bell peppers

1 cup hummus

1/2 cup olives, sliced

## Directions

1. Cut two peppers into slices, set aside for use later
2. Cut the remaining pepper's top off and use a spoon to remove and discard the seeds. This is your octopus body.
3. Spread the hummus out on a plate
4. Place the body of the octopus cut side down on the plate of hummus
5. Arrange 8 of the pepper slices around the octopus (as shown in the above picture)
6. Slice olives. Dab a bit of hummus onto 2 olive slices and stick them to the pepper for eyes.
7. Serve with the remaining slices of pepper and olives





## Ingredients

- 3 bell peppers, halved
- 1 1/2 cup uncooked white rice
- 1 tablespoon vegetable oil
- 1 13.5 oz can diced tomatoes
- 1 13.5 oz ban of black beans, rinsed and drained
- 1 onion, diced
- 3 bell peppers, halved
- 1 cup frozen corn
- 1 cup shredded cheese
- 2 tablespoons taco seasoning
- 1 bunch green onions
- Cilantro for garnish
- Salt and pepper to taste

## Directions

1. In a large pan, cook 1 diced bell pepper, 1 diced onion, and 1 bunch of chopped green onions in one tablespoon of vegetable oil on medium heat until they begin to soften. This should take around 4 to 5 minutes
2. Add vegetable broth, taco seasoning, and rice to the vegetables. Turn up the heat to medium high and bring to a boil. Then, lower the heat to a simmer and cover the mixture. Cook for 20 minutes
3. Add black beans and corn, and fluff with a fork
4. Preheat oven to 400 degrees
5. Cut remaining bell bell peppers in half and remove seeds and membrane
6. Fill peppers with prepared rice mixture and top with grated cheese
7. Arrange stuffed peppers in a large baking dish or oven proof skillet, cover and bake for 30 minutes on center rack
8. Remove cover and bake for another 10 minutes
9. Top with fresh cilantro, salt, and pepper to taste