

## 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. 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.
- ◆ Wash ALL vegetables under running water just before eating, cutting, or cooking.
- ◆ If you plan to peel before using, you still need to wash it before peeling.
- ◆ It is not recommended to use soap or detergent or commercial produce washes when washing fruit and vegetables.
- ◆ Dry produce with a clean cloth towel or paper towel, as it will further reduce bacteria that may be present.

## Benefits of Buying Local

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



Swipe at the Information Booth on the corner of 2nd and Main.

Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

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## Bell Peppers Pimientos



Extension  
UNIVERSITY OF WISCONSIN-MADISON

**FOOD  
WISE**  
Healthy choices, healthy lives.



DOWNTOWN FOND DU LAC  
**FARMERS  
MARKET**

## Uses

Peppers are good to eat raw or with vegetable dip. Use a variety of colored peppers in your salads. Add peppers to your pasta, Chinese, or Mexican dishes.



## Nutrition Facts

- ♦ Fat free
- ♦ Contains lutein
- ♦ Sodium free
- ♦ Good source of folate
- ♦ Good source of Vitamin C
- ♦ Good source of potassium

## Try It!

### Bell Pepper and Apple Coleslaw

#### Ingredients

Dressing:

- 1 tablespoon vegetable oil
- 1/4 cup apple juice
- 2 tablespoons cider vinegar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- Dash black pepper

Salad:

- 1 small head green or Napa cabbage
- 1 orange or red bell pepper
- 1 Gala or Fuji apple
- 1/4 cup sliced almonds

#### Instructions

1. Whisk together dressing ingredients
2. Shred or thinly slice cabbage
3. Cut apple and pepper into small chunks
4. Place cabbage, apples, pepper and almonds in large bowl
5. Drizzle with dressing and toss



## 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. The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. As a bell pepper ages, its flavor becomes sweeter and milder.

FoodWise is funded by the USDA Supplemental Assistance Program (SNAP). SNAP/FoodShare helps families buy the food they need for good health. Visit [access.wi.gov](http://access.wi.gov) to learn how to apply for food assistance or call 1-888-446-1239