

SWEET BELL PEPPERS



FIND LOCAL BELL PEPPERS IN ARIZONA:

HARVEST MONTHS: JULY - OCTOBER

Farms to get the local produce:

- Aguiar Farms, Paulden, AZ
- Mortimer Farm, Dewey, AZ
- Whipstone Farm, Paulden, AZ

Connect with Local Producers!

[SCHOOL INTEREST FORM](#)



To ensure food safety with fresh, bell peppers always thoroughly wash them under running water before cutting, eating and/or cooking.



ARIZONA HARVEST FACTS!

- Bell peppers come in a variety of colors, including green, red, yellow, orange, and even purple.
- Bell peppers are an excellent source of vitamins A and C. In fact, red bell peppers contain more than twice the vitamin C of green ones and are also a great source of beta-carotene.
- Unlike their spicy relatives, bell peppers contain almost no capsaicin, the compound responsible for the heat in chili peppers. This makes them sweet and mild in flavor.
- Bell peppers are native to Central and South America. They were introduced to Europe in the late 15th century and have since become a staple in many global cuisines.
- Bell peppers are incredibly versatile. They can be eaten raw, roasted, grilled, sautéed, and stuffed.
- Although commonly referred to as vegetables, bell peppers are technically fruits because they contain seeds and develop from the flowering part of plants.
- Bell peppers thrive in warm climates and are typically grown in summer. They require plenty of sunlight and well-draining soil to flourish.

RECIPES:

HIGHLIGHT FRESH, BELL PEPPER DISHES FROM AROUND THE WORLD DURING NSLW25

October 13-17, 2025



Chicken Cacciatore

Southwestern Pepper Cups



Chicken Fajita w/ Peppers and Onions

Chinese-Style Vegetables

Vegetable Salsa

QUICK MATH: Sweet Bell Peppers



1 LB FRESH BELL PEPPERS AS PURCHASED (AP) YIELDS:

About 9.5, ¼ cup servings of **raw** diced or chopped vegetable.

About 14, ¼ cup servings of **raw** vegetable strips.

About 9.5, ¼ cup servings of **cooked**, drained vegetable strips.