

JERSEY TASTES! ACTIVITY SHEETS

Plentiful Peppers



ACTIVITIES:



Pre-K: Pepper Coloring Sheet

Lower Elem: Growing Vegetable
Soup Lesson Plan

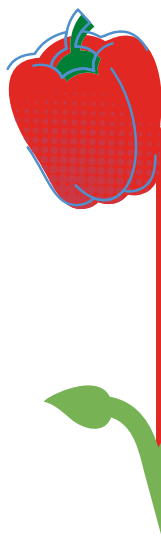
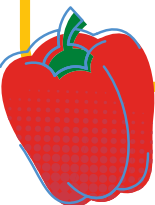
Upper Elem: Seeds & Pollination:
Investigating the Number of Seeds
in Bell Peppers

Middle: A Seedy Fruit Challenge

HS: "Too Hot to Handle" Pepper
Science Project

HOW DOES IT GROW:

How is it Grown: Pepper Video



ALL ABOUT NEW JERSEY!

Peppers are in season in New Jersey during the warmer months of the year, from July through October. The largest supply of peppers is available in New Jersey during July, August, and September.

FUN FACTS:



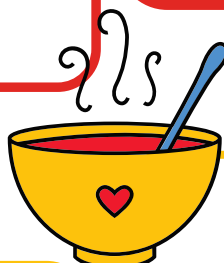
1. Red/yellow/orange bell peppers are simply green bell peppers that have been left on the vine to continue to ripen.
2. Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables.



NUTRITION FACT:

Peppers have the highest amount of Vitamin C of any produce item. The Vitamin C content of peppers increases with ripeness.

RECIPES:



Jersey Tastes! Recipe Videos

Roasted Red Pepper Hummus & Recipe

Breakfast: Spinach & Pepper Egg Bake

Lunch: Roasted Red Pepper Sandwich

Dinner: Jersey Fresh Stuffed Bell Pepper