Peppers can taste hot or sweet!

CHOOSE FIRM, BRIGHTLY-COLORED PEPPERS WITH A SHINY, SMOOTH SKIN. AVOID DULL AND WRINKLY PEPPERS.

The most popular type of pepper in the US is the GREEN BELL PEPPER!

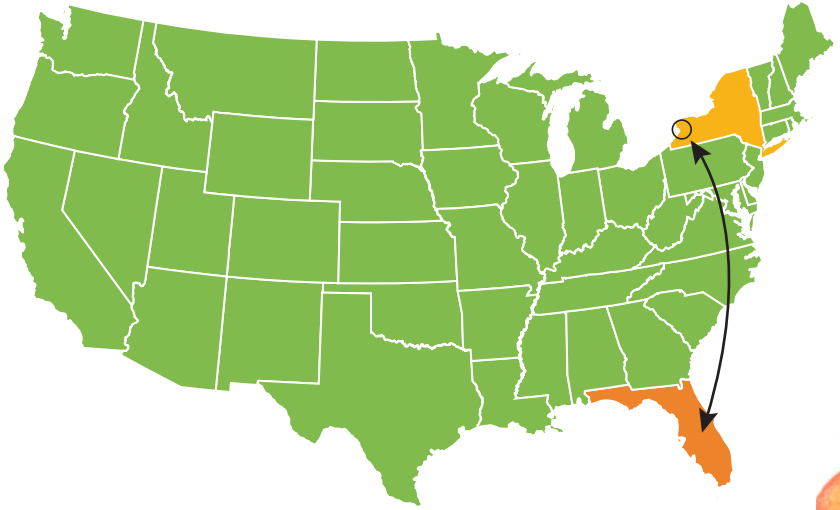
PEPPERS ARE LOW IN CALORIES & FAT, BUT HIGH IN FIBER!

THE HOTTEST PART OF THE PEPPER IS THE SEEDS AND FLESH INSIDE. REMOVE THESE BEFORE USING TO 'COOL' IT DOWN!

PEPPERS OF ALL TYPES ARE GREAT RAW OR COOKED!

WITH FLORIDA ACCOUNTING FOR MOST OF THE NATION'S PRODUCTION, GREEN BELL PEPPERS MUST TRAVEL ABOUT 1250 MILES TO REACH BUFFALO.

OUR NEW YORK STATE PEPPERS ONLY HAVE TO TRAVEL 24 MILES TO REACH THE CAFETERIA!



MAKE IT COLORFUL! PEPPERS COME IN A WIDE VARIETY OF COLORS – ADD THEM TO EVERYTHING LIKE SANDWICHES, SALADS, AND BURGERS TO ADD A LOT OF COLOR AND CRUNCH TO ANY MEAL!

Peppers are pretty low maintenance and easy to grow, even in a pot or small container!