

Lunchbox Pepper Information Sheet

Today's Farm to School Snack features local lunchbox peppers!

While peppers originated in Central and South America, the bell peppers you will be trying today were grown locally at:

in

How Does It Grow?

Lunchbox peppers are small, sweet peppers perfect for snacking! They have a crunchy texture, bright colors, and a naturally sweet taste. These peppers grow about 5 to 8 cm long and 2 to 4 cm wide, with very few seeds, making them easy to eat on the go—earning them the name "snack peppers." In Nova Scotia, they are mainly grown in greenhouses. Lunchbox peppers are enjoyed raw, dipped in hummus or dressing, and added to salads, sandwiches, and wraps. Some people even stuff them with cheese or other fillings for a tasty treat!



Fun Facts

- Although they look like hot peppers, lunchbox peppers are actually sweet!
- Peppers are a fruit because they grow from a flower and have seeds inside.
- Almost 2,000 types of peppers are grown around the world, including both sweet and hot varieties.

Around the World

Indigenous peoples in Central and South America cultivated peppers for thousands of years. In the 15th century, explorers introduced them to Europe, Africa, and Asia, where they quickly became a staple in many cuisines. Later, European settlers brought peppers to North America. This pepper was specifically developed to be more convenient for eating on the go, making them popular for lunchboxes, kids' snacks, and easy appetizers.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include peppers.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this colorful snack!

Find more resources at www.nourishns.ca