

Bell Pepper Information Sheet

Today's Farm to School Snack features local bell 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?

Bell peppers thrive in warm weather and are sensitive to the cold. In early spring, farmers start seeds in greenhouses to protect them from frost before transplanting them outdoors when the weather starts warming up. Once outside, pepper plants are supported with stakes, string, or cages to prevent them from toppling over as the fruit grows. Some farmers in Nova Scotia cultivate bell peppers in greenhouses year-round. Sweet bell peppers can be enjoyed raw, stir-fried, or added to a variety of dishes.



Fun Facts

- Peppers are actually a fruit.
- Peppers come in a variety of colors, including green, yellow, red, orange, brown, and purple.
- Green and red peppers come from the same plant - as they ripen, they transition from green to red, becoming sweeter over time.

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. Peppers are a key ingredient in dishes worldwide, including French ratatouille, North African and Middle Eastern shakshuka, and Indian and Thai curries.

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