

PEPPERS

Get ready to spice up your meals with Nebraska-grown peppers, this month's Harvest of the Month! Whether you love the sweetness of bell peppers or the fiery kick of spicy varieties like jalapeños and habaneros, peppers are a versatile and colorful addition to any dish. Packed with nutrients and bursting with flavor, they can be enjoyed fresh, roasted, grilled, or pickled. Join us in exploring fun pepper facts, delicious recipes, and hands-on activities to celebrate these vibrant veggies grown right here in Nebraska.

SELECTION, STORAGE & COOKING

- Look for firm, glossy peppers with smooth skin and vibrant colors. Avoid peppers with wrinkles or soft spots.
- Store peppers in the refrigerator crisper drawer; bell peppers last up to 7 days, while spicy varieties can last up to 2 weeks.
- For long-term storage, slice peppers and freeze them in airtight bags.

NUTRITIONAL VALUE

Peppers are a low-calorie food packed with powerful nutrients. Bell peppers are especially rich in vitamin C, which supports immune function and promotes healthy skin. Red and orange varieties also contain high levels of vitamin A and beta-carotene, essential for good vision and eye health. In spicy peppers, the compound capsaicin not only brings the heat but also offers anti-inflammatory and pain-relief benefits.

SEASONAL AVAILABILITY: JUN JUL AUG SEPT OCT



STUFFED BELL PEPPERS

A hearty and nutritious dish, stuffed bell peppers are packed with flavor and customizable with various fillings.

Ingredients:

- 4 large bell peppers
- 1 cup cooked rice
- 1/2 pound ground beef or turkey
- 1/2 cup diced tomatoes
- 1/4 cup shredded cheese
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Directions:

1. Preheat the oven to 375°F and grease a baking dish.
2. Cut the tops off the peppers and remove seeds and membranes.
3. In a skillet, brown the ground meat and drain excess fat.
4. Mix the cooked rice, meat, tomatoes, garlic powder, salt, and pepper in a bowl.
5. Stuff the peppers with the mixture, place them in the baking dish, and top with shredded cheese.
6. Cover with foil and bake for 25 minutes. Remove the foil and bake for another 10 minutes.
7. Serve warm and enjoy!



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

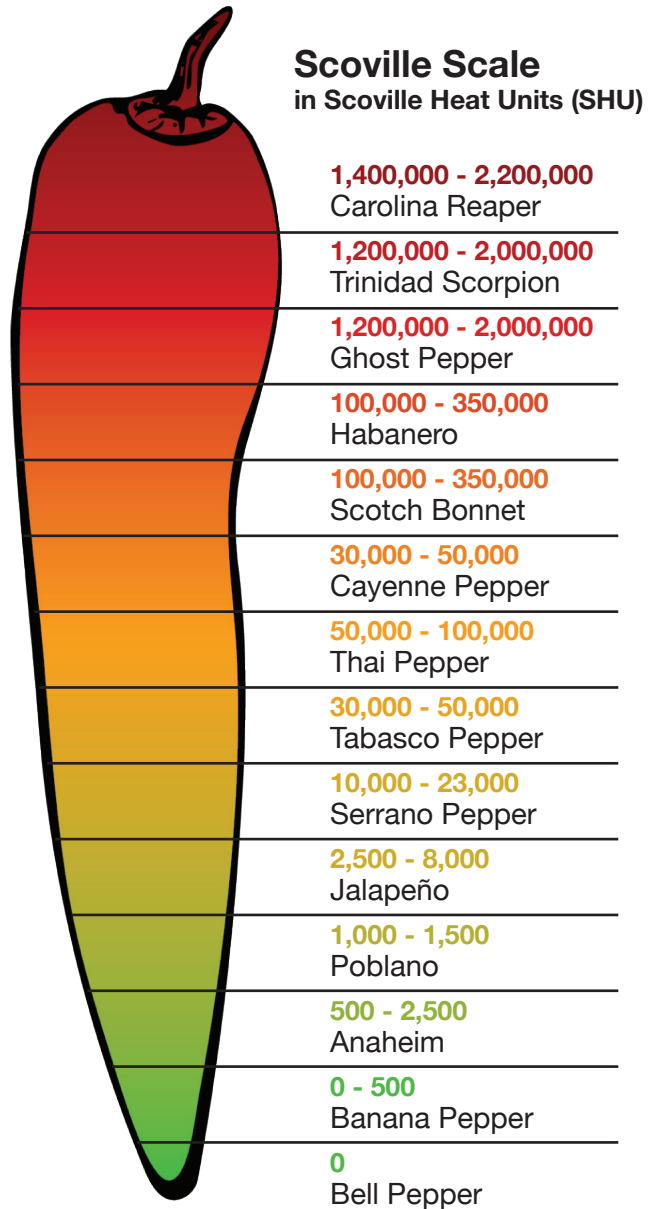


SCOVILLE SCALE ACTIVITY

The Scoville Scale measures the spiciness of peppers based off of their capsaicin content, which is expressed in Scoville Heat Units (SHU). The higher the SHU, the spicier a pepper tastes!

Using the scale provided on the right, fill in the blank next to each type of pepper shown below with the correct SHU number. Next, rank them from 1-5, with 1 being the mildest of the peppers and 5 being the hottest.

	SHU	Ranking
BELL PEPPERS 	_____	_____
BANANA PEPPER 	_____	_____
JALAPEÑO PEPPER 	_____	_____
HABANERO PEPPER 	_____	_____
POBLANO PEPPER 	_____	_____



Answers:
 Bell: 0 SHU, Ranking 1
 Banana: 0-500 SHU, Ranking 2
 Jalapeño: 2,500-8,000 SHU, Ranking 4
 Habanero: 100,000-350,000 SHU, Ranking 5
 Poblano: 1,000-1,500 SHU, Ranking 3