

Harvest of the Month

# PEPPERS

## FUN FACT -

Bell peppers aren't spicy at all!  
They're missing capsaicin — the compound that makes other peppers spicy — so they're sweet, crunchy, and fun for everyone to munch!



BELL

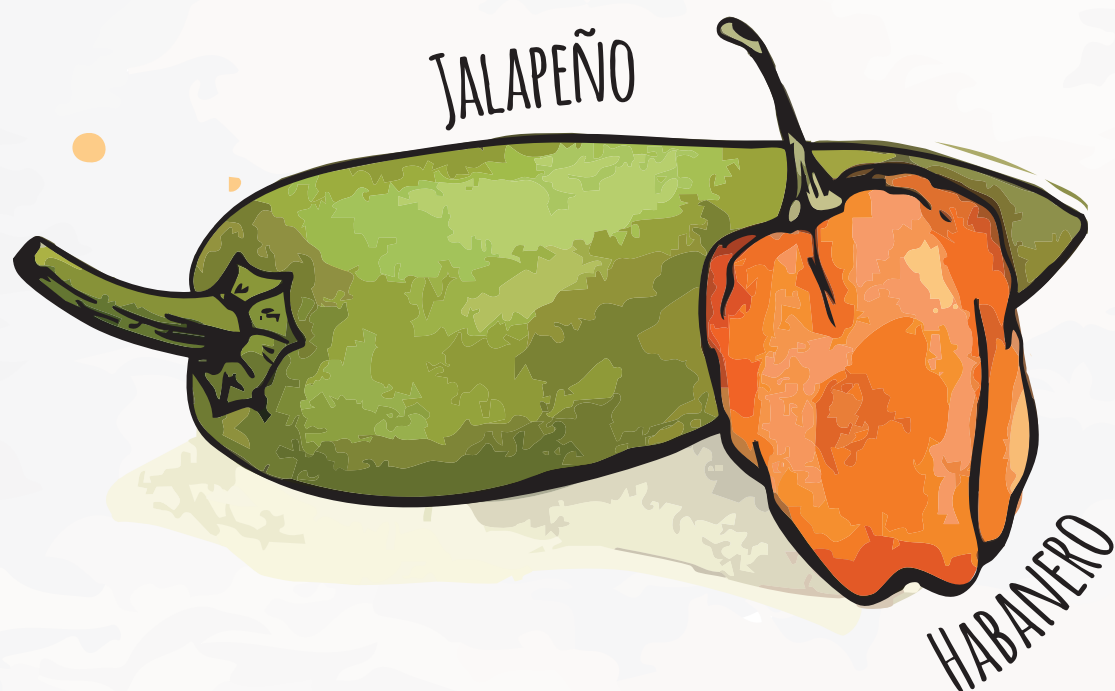


BANANA



## DID YOU KNOW -

Did you know peppers have been around for thousands of years? They were first grown in Central and South America, and they were one of the very first plants that people learned to farm!



JALAPEÑO

HABANERO



POBLANO



Farm to School  
NEBRASKA