



October's featured vegetable is:

Peppers

Pick a pretty peck of peppers

- Choose peppers that have tight and deep colored skin. They should not be wrinkly.
- Avoid peppers with blemishes, soft spots, and darkened areas.
- Peppers should be heavy for their size.
- Unwashed bell peppers can keep in the refrigerator for up to one week.
- Remove the stems and seeds before serving.
- Green peppers are immature bell peppers meaning they are not "ripe" but can still be eaten and have a scrumptious flavor and texture.

Pepper your food in these ways:

- Stir-fry peppers with other vegetables and eat on top of rice.
- Eat raw pepper slices with a vegetable dip.
- Saute peppers with onions for fajitas.
- Add peppers to pasta or pizza sauce.
- Cut peppers into fun shapes like rings, sticks, or cubes.
- Stuff peppers with a tasty filling made from rice, meat or other vegetables.
- Add peppers to tuna or chicken salad and make a sandwich.
- Saute peppers, celery, and onions then combine with chicken or seafood to make a simple Louisiana Creole dish.
 - Eat peppers for breakfast as part of an omelet.
 - Nothing is more colorful in a salad than different colors of peppers.

Peppers? A cousin to your charming and choice citrus fruits? Not botanically, of course, but they are similar because they both have lots of vitamin C.

Ready for a tongue twister? Vitamin C counts against common colds and creates critical control against cooties. Certainly correct. You can easily "C" why it's chic and clever to choose peppers.

Why peppers? Why me?
Why now?

Recipes

Peppers Ole'

Adapted from recipezaar.com

- 2 large green bell peppers, halved and seeded
- 1 cup cooked rice
- 1/2 cup shredded sharp cheddar cheese
- 1/4 cup low-fat sour cream
- 1/2 (15 ounce) can spicy chili beans, undrained
- 1/2 (11 ounce) can whole kernel corn, drained
- 1/4 cup picante salsa
- 4 tortilla chips



1. Heat oven to 350°F. In medium bowl, combine rice, cheese, sour cream, beans, and corn for the filling.
2. Spoon heaping 1/2 cup of filling into each pepper half. Place the filled peppers into a ungreased 13x 9-inch baking dish. Cover with foil and bake at 350°F for 50-60 minutes or until peppers are tender.
3. Garnish with 1 tablespoon of salsa and a tortilla chip.

Jambalaya

Adapted from recipezaar.com

- 1/4 cup olive oil
- 1 cup onion, chopped
- 2 cloves garlic, crushed
- 1 (28 oz.) can tomatoes
- 1 1/2 cups long grain rice
- 1 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne
- 1/2 cup green pepper, chopped
- 1/2 cup celery, sliced
- 1/4 cup parsley, dried
- 1 lb shrimp, uncooked (optional)
- 3 chicken breasts, cooked, cubed
- 6 mushrooms, sliced

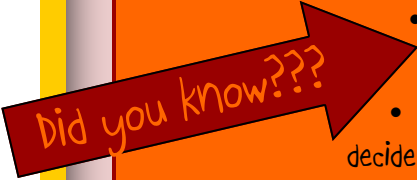
1. Heat olive oil and add onion and garlic. Cook over low heat for 5 minutes. Add tomatoes with their juice and bring to a boil. Sprinkle rice on top of tomatoes. Add salt, pepper, and cayenne.
2. Cook for 15 minutes.
3. Add green pepper, celery, parsley and basil. If mixture seems dry, add a little water or tomato juice. Cook for another 5 minutes.
4. Transfer to a casserole dish and add shrimp, chicken, and sliced mushrooms. Cover tightly with lid or foil.
5. Bake in preheated oven for 15 minutes 350°F until shrimp are cooked, but not overdone.



Viva Vegetables!

For Kids

- In some countries, the name for a bell pepper is "capsicum."
- Bell peppers are mostly red, yellow, and orange but also come in white, purple, blue and brown. Isn't it fun that so many vegetables come in so many different colors?
 - Peppers first started growing in Central and South America. In the United States, the southern states were the first to grow peppers.
 - Red bell peppers taste sweeter than other colors. Taste a few different colors and decide for yourself.



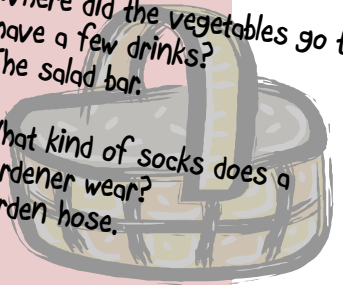
**LEARN A TONGUE TWISTER!
IMPRESS YOUR FAMILY!**

PETER PIPER PICKED A PECK OF
PICKLED PEPPERS.
HOW MANY PICKLED PEPPERS DID
PETER PIPER PICK?
A PECK OF PICKLED PEPPERS PETER
PIPER PICKED.
IF PETER PIPER PICKED A PECK OF
PICKLED PEPPERS,
WHERE IS THE PECK OF PICKLED
PEPPERS PETER PIPER PICKED?
A PICKLED PEPPER PICKED A PECK OF
PETER PIPERS.
A PECK OF PETER PIPERS A PICKLED
PEPPER PICKED.
IF A PICKLED PEPPER PICKED A PECK
OF PETER PIPERS,
WHERE IS THE PECK OF PETER PIPERS
A PICKLED PEPPER PICKED?



Where did the vegetables go to
have a few drinks?
The salad bar.

What kind of socks does a
gardener wear?
Garden hose.



Make Bagel Faces!

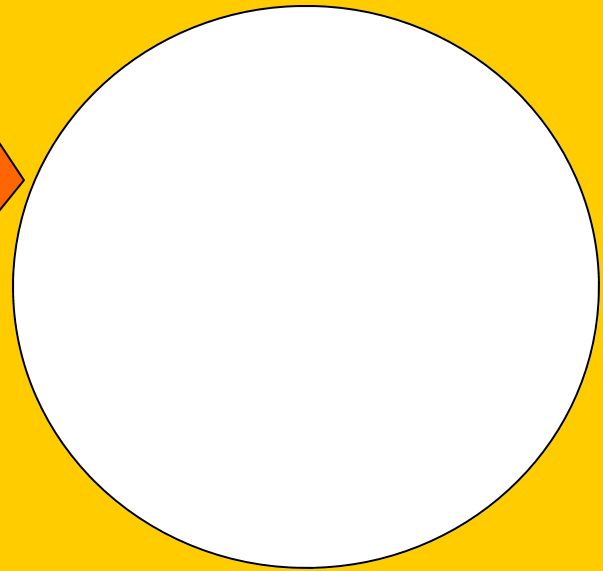
Here's what you will need to make it:

- Bagels
- Lots of sliced vegetables
- Sliced bell pepper
- Alfalfa sprouts
- Cream cheese

Here's what you have to do:

- Check with a grown-up before you start this.
- Spread cream cheese on half a bagel.
- Arrange sliced vegetables on the cream cheese to make faces.
- Use the bell pepper slices as the hair, the mouth, or the nose or anything else you can think of!

**Draw a picture of what your bagel
face looks like before you eat it!**



**UtahState
UNIVERSITY
extension**



PUT A LABEL WITH YOUR COUNTY
INFORMATION HERE

This material was funded by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact us at 1-800-221-5689 or online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.