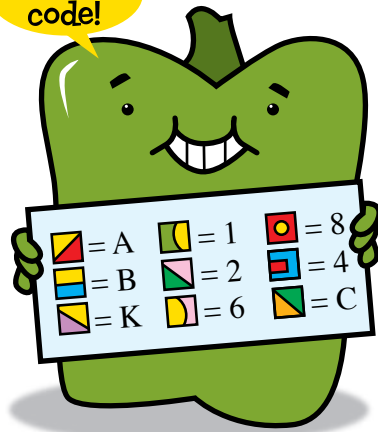


Use the code!



HARVEST OF THE MONTH PEPPERS

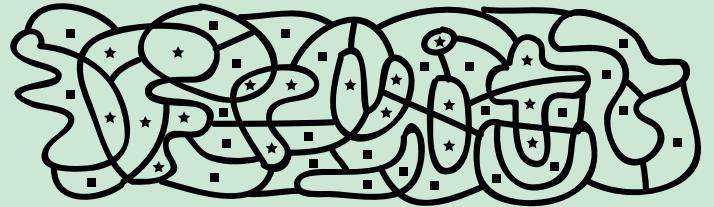
Did you know...

- Peppers are packed with vitamins, including vitamins , , and .
- Peppers have 357% more vitamin than an orange!
- The average American eats , lbs. of bell peppers each year.



Bell Pepper Facts

Is a bell pepper a fruit or a vegetable? Color the spaces that have a star **green** to find out!



Green and red peppers come from the same plant. As bell peppers mature, their color changes from green to red as they ripen and become sweeter.

The Nightshade Family

Do the math to find out which of these foods are in the **solanaceae** or **nightshade** family. The foods that add up to an **odd number** are members of the nightshade family.

11 + 6 + 3 =



9 + 4 + 8 =



3 + 3 + 3 =



15 + 4 + 4 =



14 + 6 + 7 =



2 + 4 + 2 =



8 + 8 + 2 =



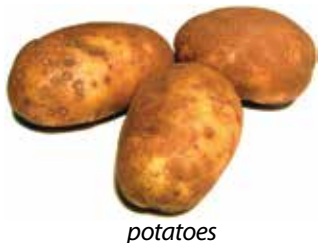
7 + 8 + 5 =



1 + 3 + 3 =



6 + 5 + 4 =



6 + 6 + 7 =



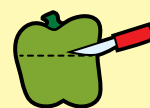
3 + 10 + 3 =



Photos courtesy of www.pachtd.com

Sea Monster Snack

This tasty and healthy fun-to-make snack is perfect for Halloween parties.



Cut the bell pepper in half. Scoop out seeds.



Cut mouth and teeth shape in bottom half of bell pepper.



Slice bell pepper top to create monster tentacles.



Spread about 1/2 inch of hummus onto a plate



Place pepper head and tentacles as shown. "Glue" on olive slice eyes using a dab of hummus.

Content on this page adapted from Network for a Healthy California Harvest of the Month program and www.usapears.com

REMEMBER TO EAT AT LEAST FIVE SERVINGS OF FRUITS AND VEGGIES EVERY DAY!

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