

Green Peppers

If you want luck, there is nothing that says lucky more than the Green Pepper. Bell Peppers have three to four lobes (thus the resemblance to shamrocks); and many shades of colors, with the color signifying the variety and the stage of ripeness. Most are sold in the mature green stage – fully developed, but not ripe. As they ripen on the vine, most bell peppers turn red and become sweeter.

Where do they grow?

California leads the U.S. in bell pepper production, followed by Florida. Most U.S. bell peppers are not processed but sold fresh and are available year-round with July through September as the highest production months.



Fun Facts

- Bell peppers originated from Mexico, and Central and South America.
- The Spanish and Portuguese explorers were instrumental in spreading cultivation when they introduced the bell pepper to the various parts of the world during their voyages in the 16th and 17th centuries.
- Since bell peppers have seeds and come from flowering plants, they are fruits not vegetables.
- As bell peppers mature, their sugar and nutritional content also increase. Although green peppers might be crunchier, you can make your dishes sweeter and healthier with the brighter-colored red bell pepper.

Read more about
the origins of
green peppers!





BELL PEPPERS

WORD SEARCH PUZZLE

CAROTENE
CONDIMENT
COOKED
CROP
DELICIOUS
EDIBLE
GREEN
HARVEST
ORANGE
PLANT
PURPLE
RAW
RED
RIPE
ROASTED
SALAD
SAUTE
SEEDS
SHAPE
SKIN
SWEET
VITAMINS
YELLOW

T	N	A	L	P	G	R	E	E	N	C	D	F	R
W	O	L	L	E	Y	C	N	Z	O	S	K	I	N
S	D	E	E	S	L	B	R	N	F	U	P	T	S
D	I	F	K	S	O	P	D	O	D	E	N	W	U
O	E	C	I	O	N	I	R	A	P	H	A	X	O
R	E	K	W	T	M	I	L	U	A	R	S	E	I
A	D	H	O	E	E	A	M	R	P	H	P	T	C
N	I	S	N	O	S	E	V	A	A	E	E	U	I
G	B	T	N	R	C	E	W	P	T	R	H	A	L
E	L	F	W	C	S	T	E	S	K	I	E	S	E
O	E	D	E	T	S	A	O	R	F	V	V	D	D
L	C	T	U	C	A	R	O	T	E	N	E	W	U

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Monteverde's

HEALTHY FRUITS & VEGETABLES