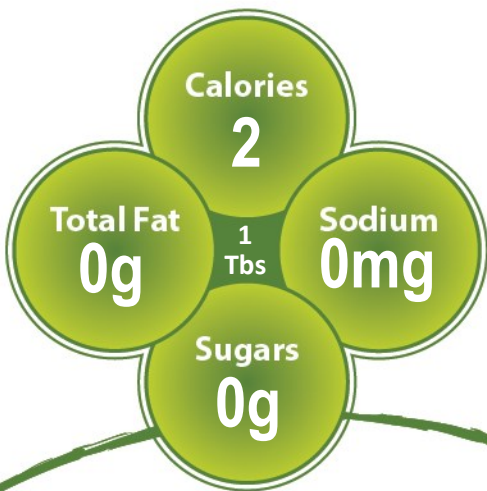


Harvest of the Month

Peppers



FUN FACTS:

Eat a pepper that is too spicy for you?
To help quench the pain, drink milk, not water.
Sugar, white rice, honey or peanut butter help too!

Peppers contain capsaicin, which can help reduce 'bad' cholesterol, control diabetes and bring pain relief.

Peppers come in a rainbow of colors. Red bell peppers are mature green peppers, they become sweeter as they ripen on the vine. Yellow and orange bell peppers are a different, sweeter variety.

This institution is an equal opportunity provider.

