Bell Pepper

What am I?

Bell peppers come in a variety of colors: red, orange, yellow, green, and even purple! They are unrelated to the spice pepper plant used to make black pepper.

How do I grow?

- Bell peppers are grown in Wisconsin July-September.
- Florida grows many of the United States' bell peppers.
- Bell peppers have long growing seasons and like plenty of sunlight.

Nutrition Facts

Depending upon the color, bell peppers can have different nutrients. Bell peppers are high in vitamin C and help your body absorb iron. They also have large amounts of carotenoids, an antioxidant.

Fun Facts

- Red, orange, and yellow peppers are actually very ripe green peppers.
- Bell peppers sweeten as they ripen, so red bell peppers are sweeter than green.
- Green bell peppers are the most popular type of pepper in the US.

WISCONSIN DEPARTMENT OF
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