



CWD Healthy Update

CWD Nutrition
Services Department

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Bell Peppers

Bell Peppers are available year-around, making them a colorful addition to salads.

Red and yellow peppers are riper and more flavorful than the more common green peppers. Other colors of peppers that you may find are brown, white, pink, orange, and purple.

Bell peppers are plump, bell-shaped vegetables that feature either three or four lobes. They usually range in size from 2 to 5 inches in diameter,

and 2-6 inches in length. They have a thick-fleshed inner cavity with edible,



bitter seeds and a white spongy core. Bell Peppers contain a recessive gene that eliminates capsaicin, the compound responsible for the "hotness" found in some other pepper varieties.

Peppers should be stored at 45-50°F; 85-90% RH. Typical shelf life is 8-10 days when stored correctly. Peppers are ethylene-sensitive. Do not store peppers near produce that produces ethylene. Peppers should not be stored near pineapples as they will absorb the pepper odor.

CWD #180589—peppers stop light green/red/yellow 1/4 ct

Pepper History

Sweet peppers originated in South America with seeds of the wild varieties dating back to 5000 B.C. They were carried throughout the world by the Spanish and Portuguese explorers.

Peppers are adaptable plants which can be grown in both tropical and temperate climates. You will find sweet peppers as integral ingredients in Louisiana Creole dishes, Mexican cuisine, and Portuguese dishes.



Weekly Produce Update

Avocado—Quality is good, but supplies very tight.

Broccoli—quality is good.

Cauliflower—abundant supplies with excellent quality.

Lettuce—quality is good

Peppers—quality is good & supplies improving.

Cucumbers—quality excellent.

Potatoes—demand is strong and prices higher.

Strawberries—supplies are steady

Lemons—domestic supply remains limited.

Celebrate August!

- Back to School.
- National Peach Month
- National Catfish Month

