Freezing Bell Peppers

Green, red, yellow and orange bell peppers are abundant this month at farmers’ markets and farm stands. Bell peppers are perfect for freezing to use during the winter in any cooked dish. Bell peppers are an incredible bargain in the summer compared to $4 per pound or more during the winter months.

According to the National Center for Home Food Preservation website (http://nchfp.uga.edu) it is easy to freeze bell peppers.

1. Prepare peppers by selecting crisp, blemish free peppers. Wash, cut out stems, cut in half and remove seeds. Cut into strips, rings or pieces.
2. Place raw, cut peppers in freezer zip top bags or freezer containers, leaving no headspace. Remove air (if using zip top bags), seal and freeze!

During the winter months, use your frozen bell peppers in soups, stews and casseroles. It’s so nice to be able to have peppers available when you want them and to know they are farm fresh and locally grown!

In Season This Month: Lots of Fruits and Vegetables

While visiting your local farmers’ market, look for these farm fresh fruits and vegetables: green and yellow beans, beets, broccoli, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, lettuce, leeks, mustard greens, onions, peppers, potatoes, radishes, Swiss chard, tomatoes, winter and summer squash, apples, blueberries, cantaloupes, peaches, pears and plums. Don’t forget to use your Farmers’ Market Nutrition coupons, your WIC fruit and vegetable check or EBT card.
While you are at the library enjoying their summer reading program, pick up a copy of “At the Farmers’ Market with Kids: Recipes and Projects for Little Hands” by Leslie Jonath. Read the book with your child and decide which recipe you want to make together, then head to the farmers’ market to buy the ingredients.

**Summer Vegetable and Pasta Salad**

**Serving size:** 1 cup  
**Serves 6**

**Ingredients:**
- 3 cups uncooked whole wheat pasta  
- 1 cup chopped broccoli  
- 1 cup peeled and diced cucumber  
- 1 cup sliced summer squash  
- 3/4 cup Italian salad dressing

**Directions:**
1. Cook pasta according to package directions. Drain and rinse with cold water. Place in a large bowl.  
2. Add broccoli, cucumber, summer squash and salad dressing. Mix well.  
3. Refrigerate within 2 hours.

**Notes:**
- Use any colorful vegetables you have on hand. Try carrots, cherry tomatoes, green onions or frozen peas.  
- Flavor boosters: 1 cup diced, cooked chicken or ham; 1 cup garbanzo beans.

**Source:** www.foodhero.org

*Nutrition Facts: Serving Size – 1 cup, 220 Calories, 3g Total Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 230mg Sodium, 43g Total Carbohydrate, 5g Dietary Fiber, 1g Sugars, 8g Protein , 2% vitamin A, 30% vitamin C, 4% calcium, 10% iron*

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**KORNER KIDS**

The EFNEP program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Workshop series include:
- Eating Smart Being Active  
- Finding A Balance – Diabetes  
- Food and Nutrition Education Curriculum  
- Healthy Children, Healthy Families  
- Healthy Cents  
- Breastfeeding

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:
- Choose Health: Food, Fun and Fitness  
- Cooking Up Fun! Vary Your Veggies

If you or your organization is interested in scheduling classes, please call your local nutrition educator:

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