

SUMMER FRUITS & VEGGIES

Building Healthy Habits: Food and Community Nutrition



QUICK TIPS

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. During the winter months, use your frozen bell peppers in soups, stews, and casseroles. It's nice to have peppers available when you need them and to they are farm fresh.



How to freeze Bell Peppers:

According to the National Center for Home Food Preservation website: https://nchfp.uga.edu/how/freeze/pepper_bell.html it is easy to freeze bell peppers.

1. Select crisp, soft-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 space at the top. Remove air (if using zip top bags), seal and freeze!
3. On each package, write the date you prepared the peppers.

While visiting your local farmers' market, don't forget to use your Farmers' Market nutrition coupons, WIC fruit and vegetable check, EBT card, and Double Up Food Bucks.



**Cornell
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Bell Pepper Salad

Makes 6 servings

Ingredients:

- 4 bell peppers
- 1/2 medium onion
- 2 1/2 tablespoon vinegar
- 1 tablespoon oil
- 1/8 teaspoon of salt
- 1/8 teaspoon pepper



Directions:

1. Wash hands with soap and water.
2. Wash bell peppers and remove tops and seeds. Cut into 1/4- inch thick strips. Peel onion and slice into thin strips.
3. In a large mixing bowl, stir together vinegar, oil, salt, and pepper. Add bell peppers and onion and gently stir to coat. Cover and refrigerate for 30 minutes before serving.
4. Refrigerate leftovers within 2 hours.

Nutrition Facts for 1/6 of recipe: 45 calories, 2.5g total fat, 0g saturated fat, 0mg cholesterol, 50mg sodium, 5g total carbohydrates, 2g dietary fiber, 3g total sugars, 0g added sugars, 1g protein, 0mcg Vitamin D, 9 mg calcium, 0mg iron, 167 mg potassium, 50% calories from fat

Source: FoodHero.org

Kids Corner

Visit the children's room at your local library and borrow 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 and buy the ingredients!



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