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### Peppers are the Harvest of the Month!

**Add peppers to your favorite family meals:**

- Slice peppers into strips and eat raw with your favorite dip.
- Roast or saute sliced peppers to add to burritos or fajitas.
- Cook peppers into a tomato sauce and add to pasta.

*Make meals and memories together. It's a lesson kids will use for life.*

**Select** – Choose peppers that are firm and bright colored.

**Store** – Refrigerate in a plastic bag and use within 5 days.

**Prepare** – Sweet and hot peppers are delicious raw, grilled, or sauteed!

**Did you know?**

Peppers can be split into two categories, hot and sweet. Hot peppers contain a compound called capsaicin which makes them hot and spicy. The most common type of sweet peppers are bell peppers. Red, orange, and yellow bell peppers are very ripe green bell peppers.



Nutritious, Delicious, Wisconsin!  
#WISHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



**Simple Stuffed Peppers**  
*Photo and recipe from USDA*

**What is a pepper:** Peppers are a fruit that come in a variety of colors, flavors, and spice levels. The most common varieties are sweet peppers, such as green, red, and yellow bell peppers, and hot peppers such as jalapeños and habanero.

**Benefits of peppers:** Peppers, of all types, are excellent sources of Vitamin C, Folate, and Vitamin E. Vitamin C helps boost the immune system and is an antioxidant. A single serving of red and yellow bell peppers provides 169% of your daily requirements, more than an orange! Folate is known to help prevent birth defects and is used in producing red blood cells. Vitamin E is another antioxidant that helps prevent chronic diseases, such as heart disease.

**How to best enjoy:** Try a variety of peppers to find which you enjoy most! Bell pepper slices pair well with your favorite dip. Replace chips with crunchy bell peppers as a great way to add more vegetables to your day. Adding a spicy pepper to your meals, is a great way to add heat, and flavor, without adding a ton of extra calories.

**Ingredients**

- 1 cup brown rice, uncooked
- 1 can black beans
- 4 bell peppers
- 1 cup reduced fat shredded cheddar cheese
- 1 tomato, sliced
- 1 cup salsa
- Salt (to taste, optional)

**Directions**

1. Preheat the oven to 400°F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa and salt (optional).
7. Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
10. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.



Nutritivo · Delicioso · Wisconsin

**Harvest of the Month materials are available in Spanish or English:**  
<https://healthyliving.extension.wisc.edu/welcome-to-harvest-of-the-month/>

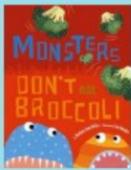
## What is a Story Stroll?



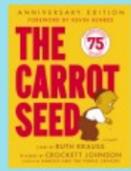
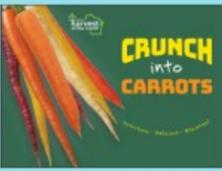
- Combines the **pleasures of reading aloud** with the **joys and benefits of walking** together outdoors
- Outdoor reading experience
- Children's book is deconstructed, and pages are displayed along a walking trail
- Gardens, parks, Farmers' Markets

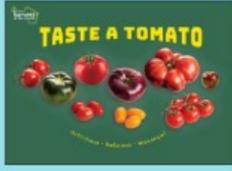
**Want to try a story stroll at your next event? FoodWise aims to serve low-income, SNAP-eligible families. If this fits your work, we could join you!**

Stories have options in English, Spanish, and QR codes for people with visual or reading difficulties. FoodWise has prepared 4 Story Strolls, with crafts and activities available:







| Nutrition Information             |        |
|-----------------------------------|--------|
| Serving Size: 1/4 of recipe       |        |
| <a href="#">Show Full Display</a> |        |
| Nutrients                         | Amount |
| Total Calories                    | 357    |
| Total Fat                         | 4 g    |
| Saturated Fat                     | 2 g    |
| Cholesterol                       | 6 mg   |
| Sodium                            | 599 mg |
| Carbohydrates                     | 63 g   |
| Dietary Fiber                     | 13 g   |
| Total Sugars                      | 6 g    |
| Added Sugars included             | 0 g    |
| Protein                           | 19 g   |
| Vitamin D                         | 0 mcg  |
| Calcium                           | 191 mg |
| Iron                              | 3 mg   |
| Potassium                         | 788 mg |
| N/A - data is not available       |        |

