



# Thought Foodness



WEST VIRGINIA HARVEST™

**Featuring**  
Multi-Colored Peppers





Did You Know?

# Peppers

## Where I grow best:

Peppers need plenty of sunlight, at least 6–8 hours a day. Peppers thrive in places with long growing seasons, and they love temperatures between 70–85°F. They start out green, and if left to ripen, they turn red, yellow, or even orange, depending on the type of pepper.

## My Nutritional Superpowers include:

Peppers are super healthy! They are full of vitamin C, which helps your body stay strong and fight off sickness, and vitamin A, which is great for your eyes. Red peppers have the most vitamins because they are the ripest. Peppers also have antioxidants that protect your body and fiber that helps keep you healthy.

## I taste great in meals like:

Stir Fry, Stuffed Peppers, and Rainbow Pepper Salad!

You can find Peppers at Grocery Stores and Walmart in West Virginia!



  
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# Recipe Spotlight

## Rainbow Pepper Salad

Here is an easy way to try today's produce item in a meal at home!\*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

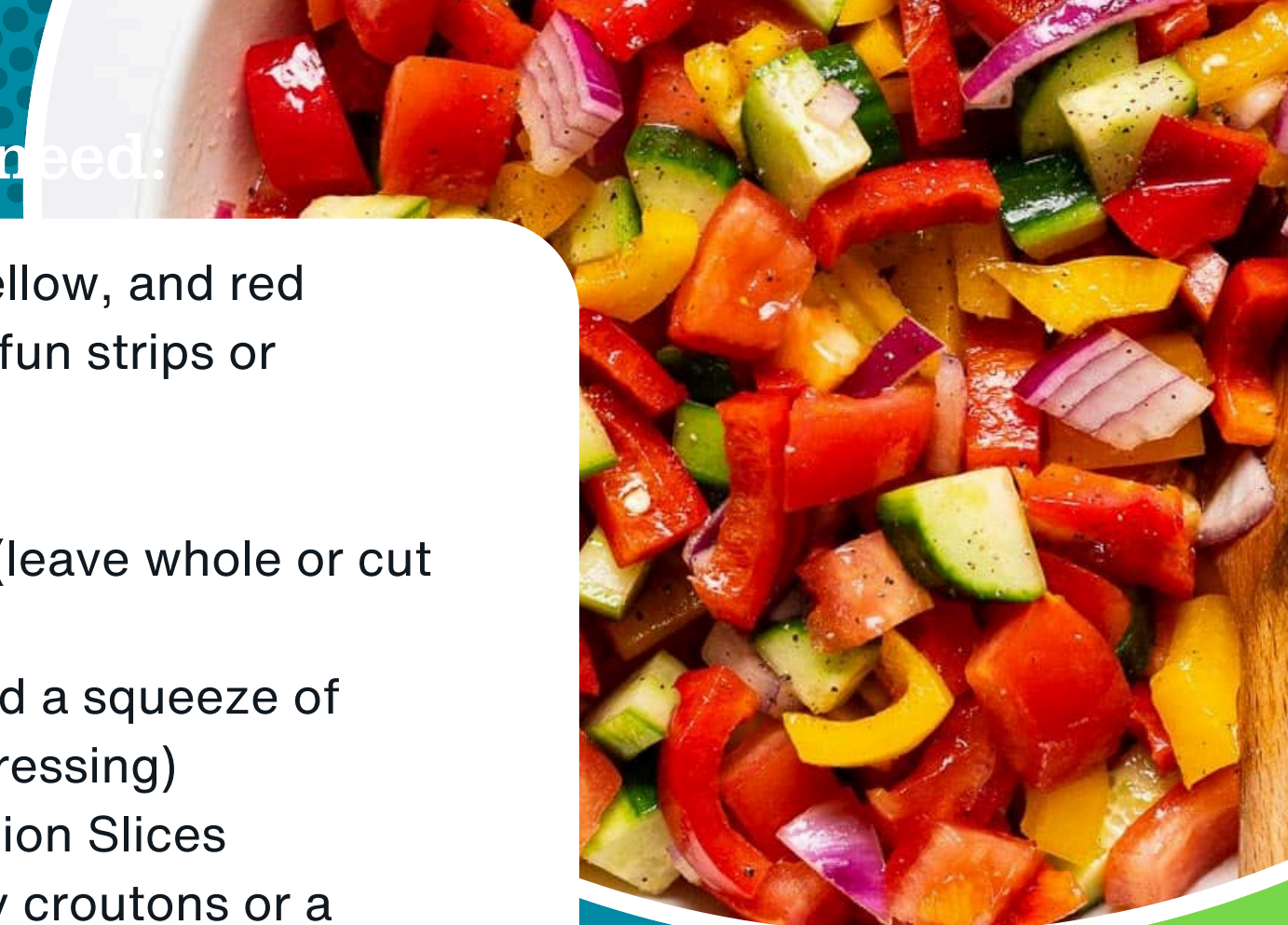
### How to make it:

1. Put all the colorful veggies in a big bowl.
2. Add a tiny drizzle of olive oil and a little squeeze of lemon juice.
3. Mix everything together gently and sprinkle some croutons or cheese on top for extra crunch and flavor. Add a little salt as well.
4. Grab a fork and enjoy!

### What you will need:

- Green, orange, yellow, and red peppers (cut into fun strips or shapes!)
- Cucumber slices
- Cherry tomatoes (leave whole or cut in half)
- A little olive oil and a squeeze of lemon juice (for dressing)
- Optional: Red Onion Slices
- Optional: Crunchy croutons or a sprinkle of shredded cheese

\*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.  
Please ask a parent or guardian to assist with cutting fruits or vegetables.



  
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