



PEPPERS

Eat More Arizona Grown Peppers

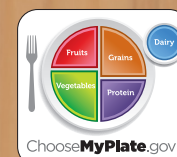
Nutrients Found in Peppers

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| Vitamin A | Helps your eyes and skin stay healthy |
| Vitamin C | Helps your teeth and gums stay healthy |
| Potassium | Helps you maintain a healthy blood pressure |



HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Arizona grows both sweet bell and chili (hot) peppers. Most recently, Arizona harvested over 9 acres of sweet bell peppers and 1,944 acres of chili peppers.



Look for a glossy coat with no shriveling, cracks or soft spots. For hot peppers, reds are typically spicier than its green version and shape is a better indicator of heat than color. The smaller they are, the hotter they will be!



Arizona grown vegetables and fruits taste best and cost less when purchased in season.