



early childhood ACTIVITY GUIDE PEPPERS

LEARN



facts

- Spanish translation: *El pimiento o El chile* • Hmong translation: *Kua Txob*
- Peppers can be divided into two categories, hot and sweet.
- In plant science, peppers are considered a fruit because they contain seeds, but most people recognize peppers as a vegetable.

EAT



nutrition & seasonality

- Peppers have vitamin C. Vitamin C keeps us healthy by helping wounds heal. Red bell peppers have twice the amount of vitamin C as green peppers.
- Share with children: Vitamin C helps our bodies heal from scrapes and cuts.
- Fresh peppers grown in Wisconsin are available from July through October. Hot peppers can be dried for future use.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Allow children to taste sweet peppers with different colors and shapes. The most common varieties of sweet peppers include red, yellow, and green bell peppers, purple peppers, lunchbox peppers, banana peppers, and pimiento peppers. Red, orange, and yellow bell peppers are very ripe green bell peppers. Ask children which peppers are the sweetest and which one is their favorite.



Sweet Bell Peppers



Purple Pepper



Banana Peppers



Pimentos



Lunchbox

FUN



activity: Rainbow of Fruits and Vegetables

Read the book: *Are you Eating Something Red?* by Ryan Sias

- Can children think of additional fruits and vegetables of each color?
- Ask children to share their favorite fruit or vegetable of each color.
- Ask children what colors peppers can be (hint: all colors!).
- Bring a few whole fruits and vegetables of different colors that children can explore.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



READ



books

- *We Eat Food That's Fresh!* by Angela Russ-Ayon
- *Are you Eating Something Red?* by Ryan Sias

Jalapeño



GARDEN CONNECTION

planting

Peppers prefer warm weather. They are sensitive to frost and do not grow well in cold, wet soil. It is best to start seeds indoors in the late winter and then transplant into the garden in late spring when the soil and air have warmed. Pepper plants are smaller than tomato plants, but they can get top heavy as the fruit grows. You may need to use cages or stakes to help the plants stay upright.

harvesting

Harvest peppers green at any size or leave them on the plant to ripen to red, yellow, orange, or purple. Hot peppers develop more heat as they turn to their mature color. The stems of peppers are brittle, so it is best to cut rather than pull peppers off by hand. The more you harvest the more peppers your plants will produce.