



PICK A PEPPER



Nutritious • Delicious • Wisconsin!



Pick a pepper at home!

Kid Approved Pepper Rings

- Slice a bell pepper horizontally to make rings ½ inch thick.
- Place rings in a nonstick pan.
- Crack an egg into the middle of the ring.
- Fry for 2 minutes on medium heat.
- Flip carefully. *Enjoy!*

Family Fun: Pepper Mystery Bag

You can build excitement around trying new foods by using a Mystery Bag. Place different types of peppers inside a small paper bag and allow your child to feel the peppers without peaking. The most common types of sweet peppers include red, yellow, and green bell peppers, purple peppers, lunchbox peppers, banana peppers, and pimento peppers. Ask your child to guess what is in the bag. Reveal the peppers and taste each one. Are some peppers spicier than others? Which one is your family favorite? Share on Facebook using #WIHarvestoftheMonth! *Make meals and memories together. It's a lesson kids will use for life.*

For more information,
visit FoodWise at
go.wisc.edu/foodwise

Facebook
@foodwiseUWEX

Follow and share using
#WIHarvestoftheMonth



The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program - EFNEP.