

# WELCOME TO THE PEP RALLY

Red bell peppers are a member of the capsicum annum family. Perfect for January's chili weather, red peppers provide just the right sweetness and crunch, unlike other peppers whose intensity can be overpowering. Bell peppers are different from many of their relatives because they don't have capsaicin, the compound that makes certain peppers hot and spicy. Red peppers can be prepared raw, cooked, roasted, or pickled. Eating them can have several health benefits, such as improved eye health and reduced risk of several chronic diseases. Red peppers also boast four times the vitamin C of an orange, making them sure to add some pep to your step.

## ACTIVITY: SPICE AS NICE

Peppers have a range of flavors. On the thermometer, rank these peppers from sweet to bringin' on the heat!



## DID YOU KNOW?

### SOME THINGS GET SWEETER WITH TIME...

Red bell peppers are actually just fully ripened green bell peppers, which is why they are sweeter in taste.

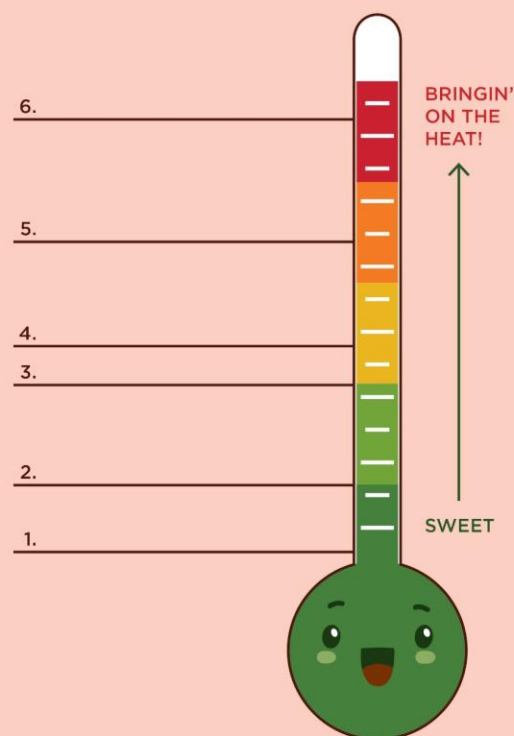
### SEED WHAT I MEAN?

While bell peppers are commonly called vegetables, they are technically classified as fruits since they are produced from a flowering plant and contain seeds.

## ACE'S JOKE OF THE MONTH

### Q. WHY DID THE TOMATO GO OUT WITH A PRUNE?

SEE ANSWER BELOW



JOKE ANSWER: Because he couldn't find a date.  
ACTIVITY ANSWER: 1. Bell; 2. Banana; 3. Cherry;  
4. Jalapeño; 5. Cayenne; 6. Habanero