

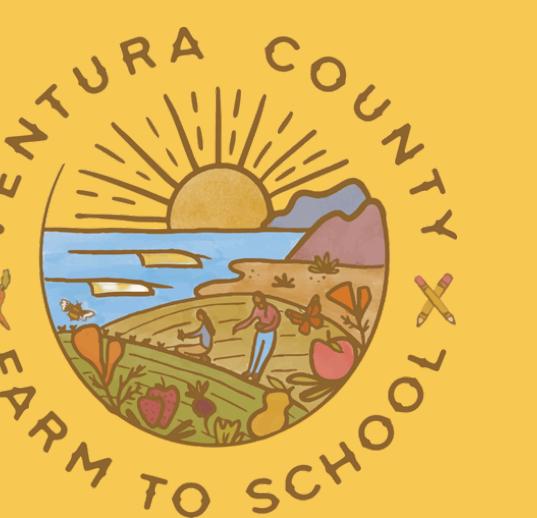


**HARVEST OF THE  
MONTH**

**PEPPERS/PIMIENTOS**

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# agenda



- Learn about Harvest of the Month
- History of Bell Peppers
- Fun Facts about Bell Peppers
- How do peppers grow?
- Different Varieties
- Nutrition information
- Farmer of the Month
- Pepper Activity
- Taste a local Bell Pepper



California is the nation's leading grower of bell peppers, which are the 9th largest crop in Ventura County, earning over \$43M in 2018.



# HARVEST OF THE MONTH

when students are able to taste seasonal  
fruits and vegetables

AND

we learn about the farmers who grow the  
food we eat!

# history

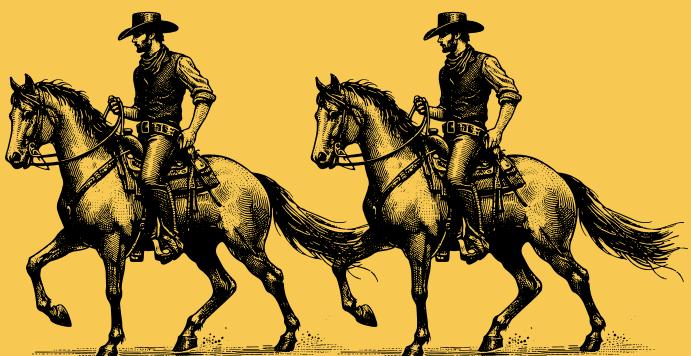


The wild pepper plant originated 9,000 years ago near Bolivia and Peru.

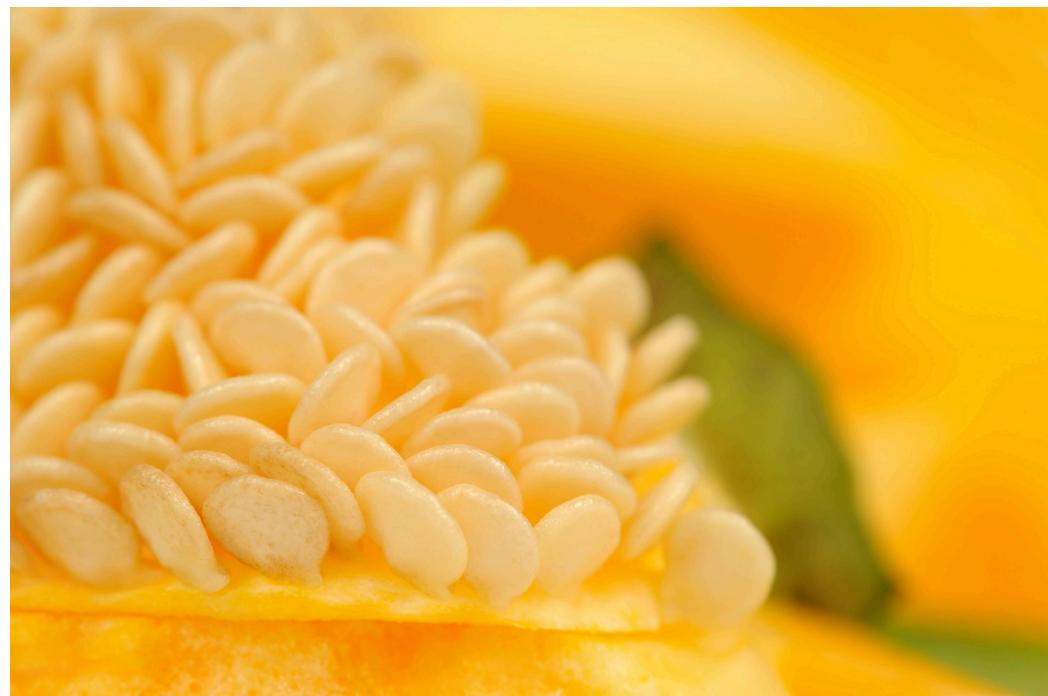
It was cultivated for its fruit by the Olmecs, Toltecs, and Aztecs.

The seed spread throughout South America through settlers.

Juan de Oñate brought peppers to the U.S. in 1583



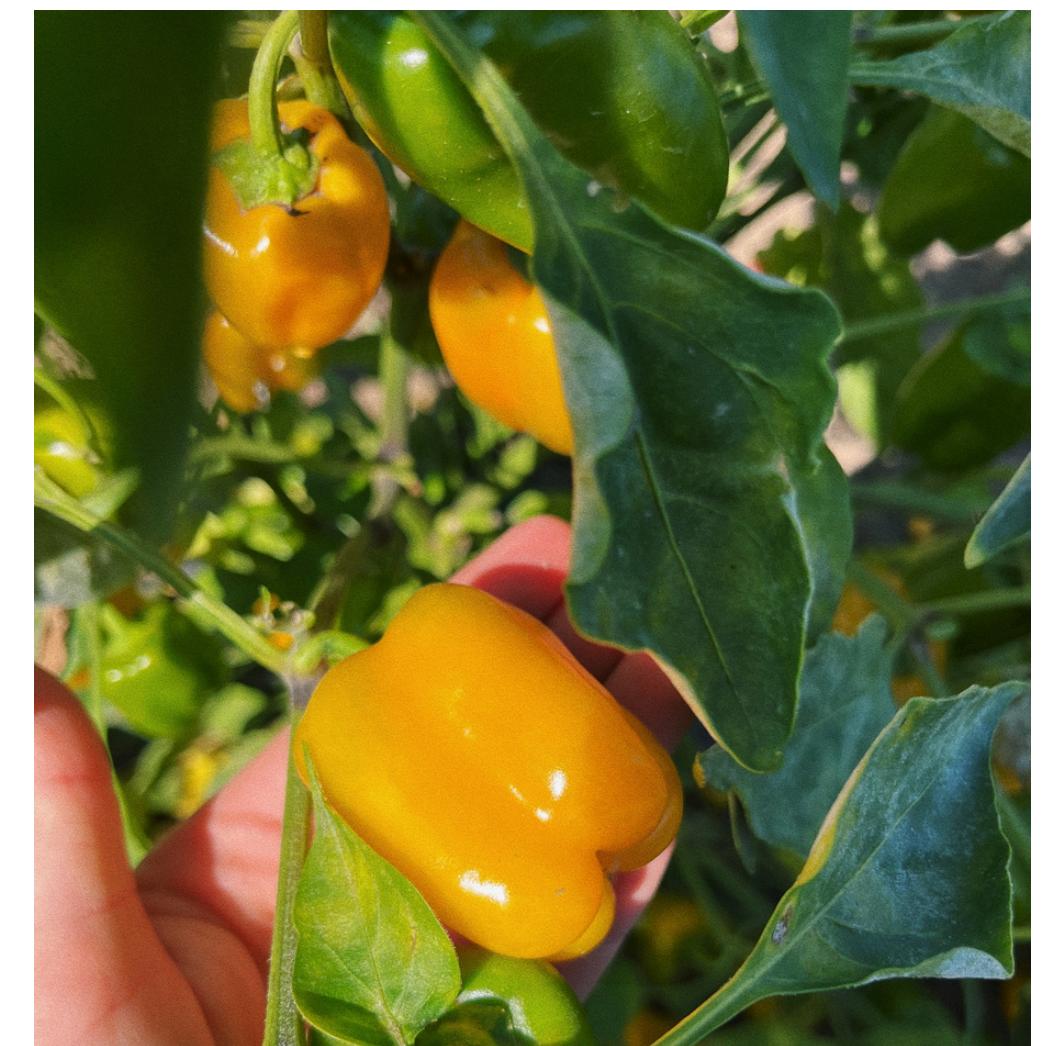
# SEEDS



# SEEDLINGS



# PLANTS



How do they grow?



Growing BELL PEPPERS 🍎 From Seed - 170 Days Time Lapse

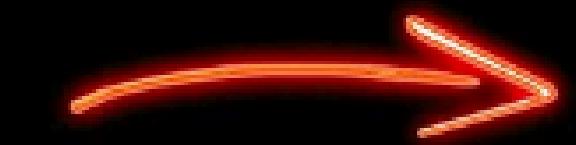
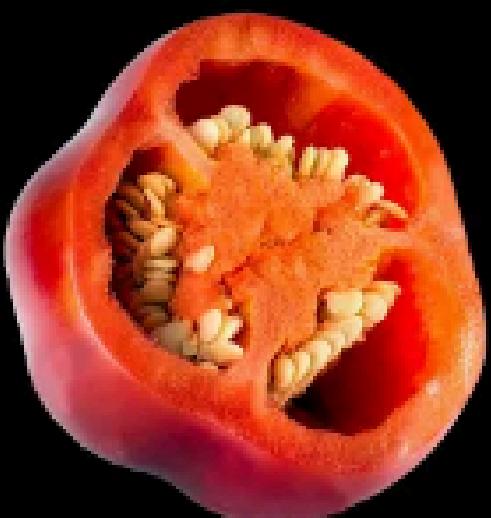


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# 170 DAYS TIMELAPSE

## BELL PEPPER

from  
seed



Watch on YouTube

# Mysterious + Color Changing

1

Green color comes from abundance of Chlorophyll. Taste is leafy.

2

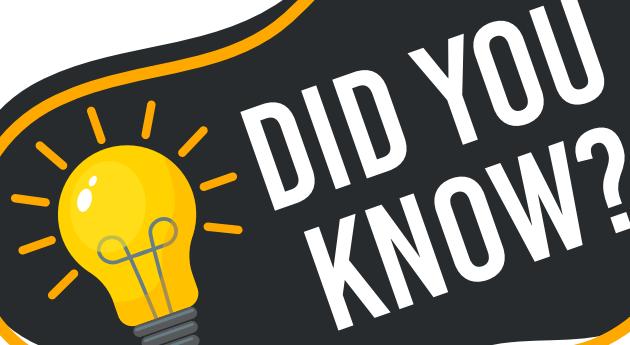
As pepper ripens, chlorophyll levels decline and Carotenoids increase; changing the pigment (color).

3

Yellow colors come from Lutein. Orange colors come from Beta-Carotene.

4

Red colors come from capsanthin. Red peppers are the sweetest and contain the most Vitamin C and antioxidants.



Bell peppers begin GREEN and change COLORS the more TIME they spend GROWING on the plant!



**Chlorophyll:** complex molecule responsible for photosynthesis.

**Lutein:** antioxidant that filters harmful light out of human eyes.

**Beta-Carotene:** helps your body create Vitamin A! Supports vision and skin health.

**Capsanthin:** antioxidant that protects cells from damage, supports eyes + heart!

**Carotenoids:** natural pigment found in plants that captures light for photosynthesis

# WHAT MAKES IT HOT?

## *Capsaicin*

- a flavorless, odorless substance that acts on pain receptors in the mouth and throat. Hot peppers' HEAT differs depending on the number of capsaicinoids in the pepper.
- \*Redness is a sign of ripeness, not hotness.



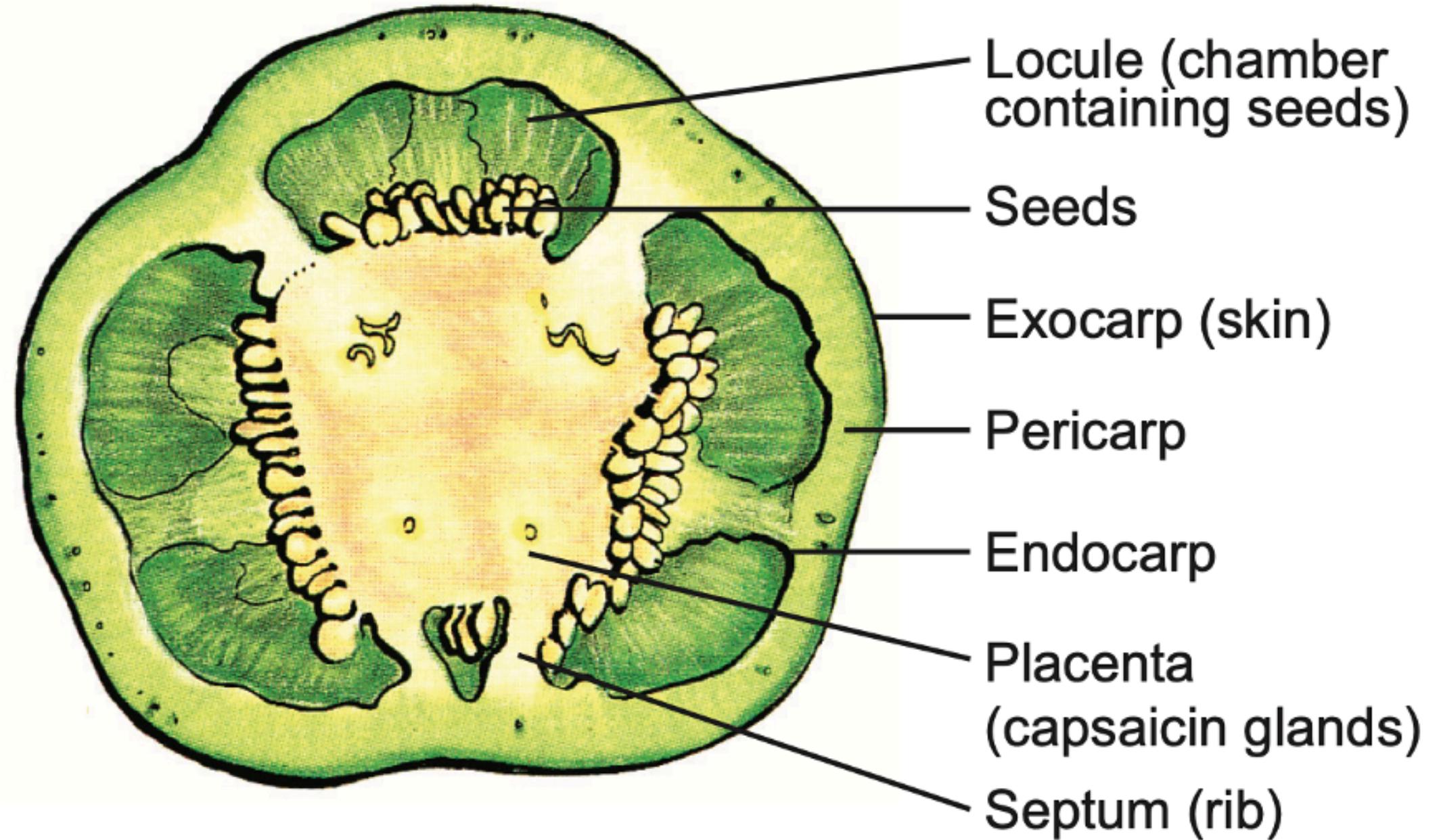
# Fresh versus Dried

- Dried peppers have been dehydrated meaning there is no more water in the pepper.
- The flavor in a dried pepper changes and becomes stronger- sweet peppers taste more sweet and hot peppers taste hotter!
- Dried peppers are used to create sauces, marinades, spice mixtures, and add specific flavors to recipes.
- Fresh peppers are crunchy and cool due to their high water content.



# BOTANICAL PROFILE

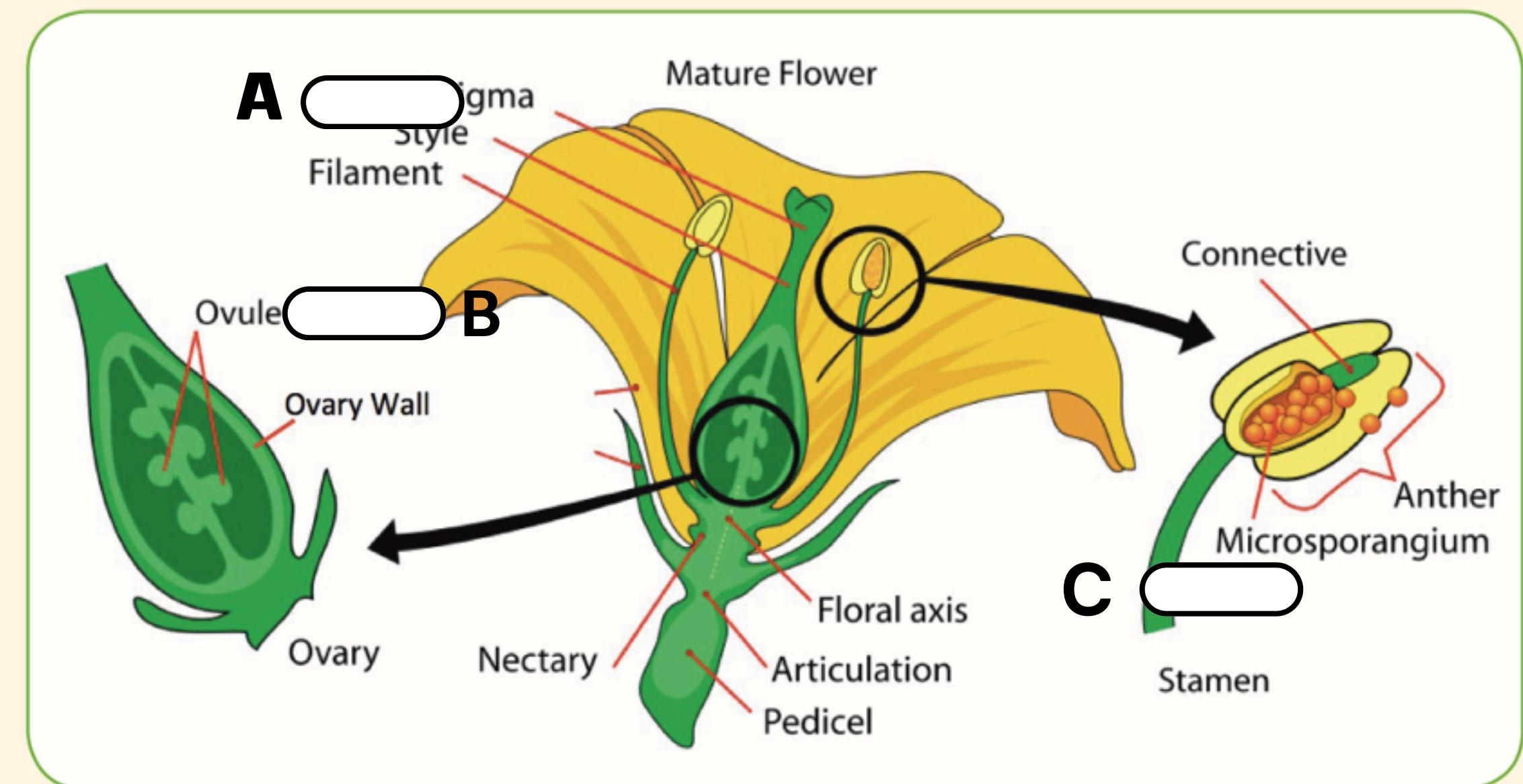
- Nightshade family, genus *capsicum*
- 2,000 varieties cultivated worldwide
- Sweet peppers get their colors from length of time ripening  
Green > Red > Yellow/Orange > Purple
- Warm season crops, sensitive to cold
- In CA, harvested from late April through November



Source: *Cool as a Cucumber, Hot as a Pepper*, Meredith Sayles Hughes, Lerner Books, 1999.

## Anatomy of a Pepper Flower

Peppers are a versatile productive plant to grow in any school or home garden. Visit [Bonnie Plants](#) and the University of Florida IFAS Extension [resource page](#) to learn about growing vastly popular pepper plants.



## Activity:

In pairs, label the missing parts of a pepper flower using the word bank.

### WORD BANK:

1. Ovary Wall
2. Stamen
3. Filament

By weight, red bell peppers have 3X the amount of Vitamin C as citrus.

Bell Peppers are also a good source of Vitamins A,K, and B6, which helps your metabolism produces red blood cells, and helps your brain function!





HOW DO BELL  
PEPPERS COME TO  
OUR CAFETERIA?



# FARMER OF THE MONTH



**JOHN GIVENS**  
**SOMETHING GOOD ORGANICS**  
**GOLETA, CA**

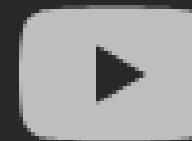


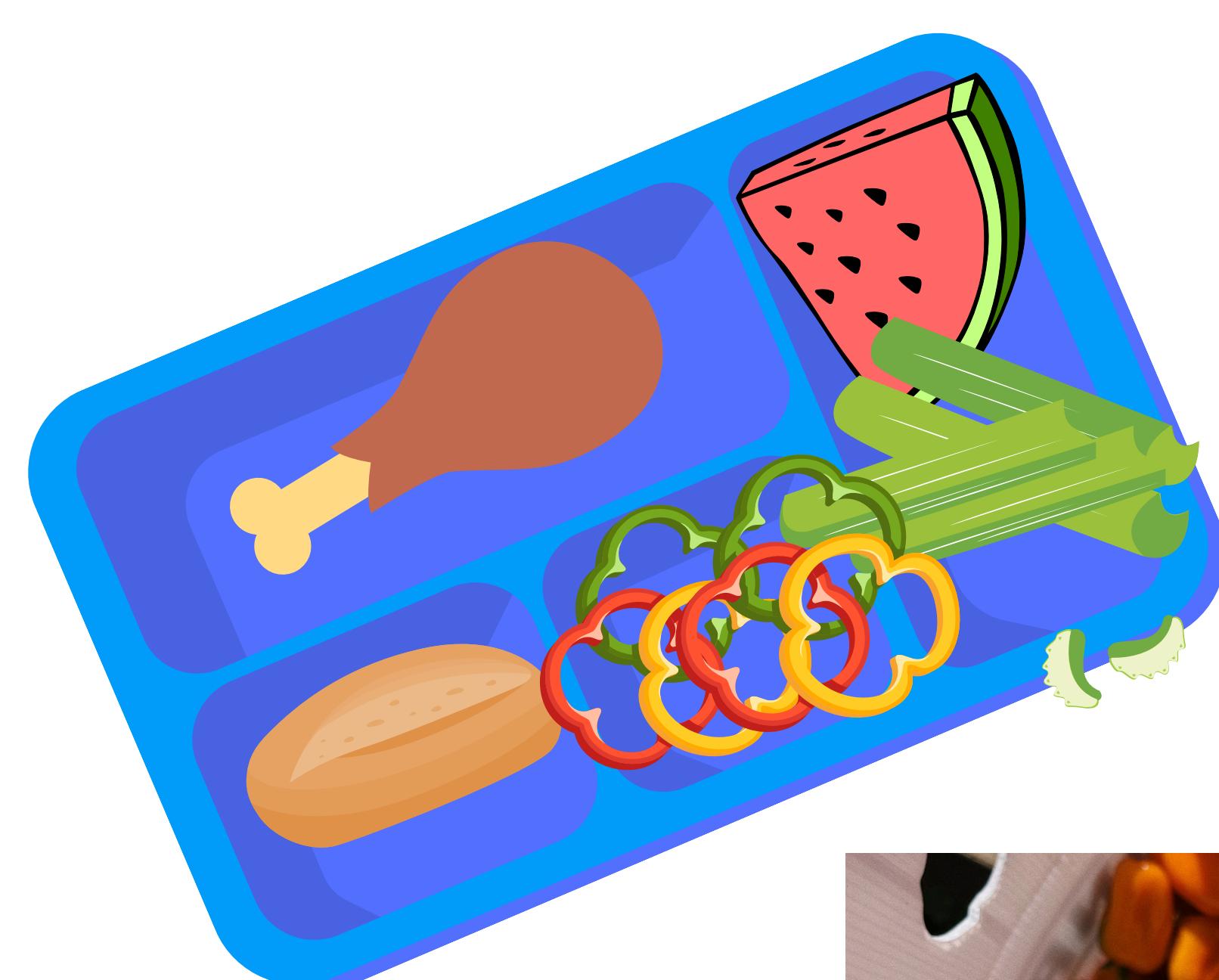
# FARMER OF THE MONTH VIDEO!



**Video unavailable**

[Watch on YouTube](#)





ENJOY GIVENS FARM  
PEPPERS ALL MONTH  
LONG IN YOUR  
CAFETERIA!

