

# KEWEENAW GROWN FOOD

## BELL PEPPERS



**PEAK SEASON**  
Mid-to-late summer.

### HOW TO SELECT & STORE

Choose firm, brightly colored peppers. Avoid peppers that are soft/mushy or have wrinkles.

Bell peppers should be stored in a plastic bag in the refrigerator and eaten within five days.

### HEALTH BENEFITS

Bell peppers are very high in vitamin C, with a single pepper containing over 100% of your recommended daily intake! Bell peppers also contain vitamin E and A, folate, and potassium.

Bell peppers contain antioxidants that are most commonly linked to skin health.



### WAYS TO USE

**Savory** - Try slow roasting red peppers with onions for a sweet, soft texture. This can be done with a slow cooker and is great for fajita or omelet fillings. Add chopped peppers to quiche or egg bakes. Cut the top off and remove seeds and fill with rice, meat, cheese, etc... Add pepper slices to a pizza for a crunchy topping. Add diced peppers to chopped potatoes for a breakfast "hash." Add peppers to soup or pasta salad to pack in extra veggies. Bell peppers are also excellent in



**PHFoundation**

# KEWEENAW GROWN FOOD



Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at [phfgive.org/food](http://phfgive.org/food).



**PHFoundation**  
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

**VISIT [PHFGIVE.ORG/FOOD](http://PHFGIVE.ORG/FOOD)**