

VEGETABLE OF THE WEEK

# SWEET PEPPERS

These come in a variety of colors: green, red, yellow, orange, purple, and chocolate. Red, orange and yellow peppers are simply green peppers that were allowed to ripen to their full color change. They are sweeter and need to be eaten sooner. Shapes and sizes vary from round to bell-shaped, to elongated, to banana shaped.

**To store:** Refrigerate peppers unwashed in a sealed plastic bag in hydrator drawer for 1-2 weeks.

**To freeze:** Wash and dry peppers. Freeze whole or cut into bite-size pieces and place in ziplock freezer bag, removing as much air as possible. Peppers will soften when thawed, so take out only the amount you need, and use them in recipes where their crisp texture is not necessary. You can also dry peppers in a food dehydrator.

**To use:** For greatest nutrition retention, eat bell peppers raw. You can also roast peppers: Place bell pepper under broiler, above hot coals, or over open flame. Toast it, turning often, until the skin is black. Place pepper in brown bag, close and allow to steam 15 minutes. Skin will peel off easily with the aid of a paring knife. Try steaming peppers whole for 10 minutes and then stuff with your favorite stuffing.

**Hot**

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