

## *Fresh Fruit & Vegetable Program: April 2023*

### Featured Fresh Vegetable: **MINI SWEET PEPPERS**



#### Health Benefits:

1. Vitamin C: supports immune system, healthy skin, and healing
2. B Vitamins: brain and nervous system, blood formation, metabolism, and energy
3. Copper: red blood cell formation, bone health, immune function



#### Fun Facts:

1. These peppers are originally from Central and South America.
2. Mini Sweet peppers are believed to be a hybrid from the wild bird pepper and a bell pepper.
3. These mini peppers grow on bushes and are known for their colorful small appearance and sweet flavor.

