

# RED & YELLOW BELL PEPPER



HARVEST OF THE MONTH  
AUGUST



**Red and yellow bell peppers** grow everywhere in Texas and both are “hot” ingredients in dishes all over the world. Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and are in between green and red bell peppers on how ripe they get. Yellow bell peppers lack the sour taste green peppers sometimes have.

## DID YOU KNOW?

One medium-sized red bell pepper contains approximately 150 percent of the recommended daily allowance for vitamin C, making it a great food source for this vitamin.

## FUN FACT

Bell peppers were given the name “peppers” by Christopher Columbus and Spanish explorers who were looking for “peppercorn” to make black pepper.



### BELL PEPPER GROWING REGIONS

- |                    |                      |
|--------------------|----------------------|
| 1. The High Plains | 5. Trans Pecos       |
| 2. North Texas     | 6. Winter Garden     |
| 3. East Texas      | 7. Coastal Blend     |
| 4. Central Texas   | 8. Rio Grande Valley |



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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