BELL PEPPER

Mild Sweet Capsicum

Bell peppers - especially varieties that mature into dazzling shades of yellow, orange, and red - are well-known for the carotenoid content, and therefor excellent for eye health. A one cup serving of bell peppers contains over 150% of your daily needs for vitamin C, making peppers an excellent loew sugar option for foods that boost immunity and fight allergies.

Serving suggestions:

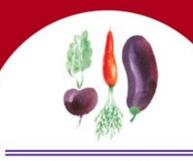
Raw preparations maintain the highest content of delicate antioxidants
Finely dice and add to tuna or chicken salads for texture and color
Dip into hummus, guacamole, or cheese dip in a crudites platter
Hollow out and fill with beef or bean and rice filling, roast until tender
Saute with onions and serve a side at a your next summer barbecue

Nutrition Tip:

A study from Poland has recently compared differences in carotenoids, flavonoids, phenolic acids, and vitamin C from bell peppers grown using organic standards versus more conventional cultivation methods. Both carotenoids and vitamin C were found to be about 10% higher in the organically grown bell peppers. As with all produce, select organic and natural growing methods to receive the most nutrition from your food.

ETHICALLY GROWN/RAISED PRODUCE, MEAT, AND EGGS BY STONYLEDGE FARM

BIO-INDIVIDUAL NUTRITIONAL THERAPY SERVICES BY NICOLE CEIL, NTP



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