

PEPPER LA PIMIENTA

FEATURED FARMS*

**FRESH
RIGHT
NOW** 



BANTAM ACRES FARM
21 REYNOLDS RD.
TAMAQUA, PA 18252
610-927-7840

BLEILER'S PRODUCE PATCH
1931 INDEPENDENT RD.
BREINIGSVILLE, PA 18031
610-360-5592

CLEAR SPRING FARM, LLC
206 GARR RD.
EASTON, PA 18040
610-258-5050

COVERED BRIDGE FARM
65 COVERED BRIDGE RD.
NORTHAMPTON, PA 18067
610-261-0261

**DALE KOEHLER & SONS
FARM, LLC**
4209 FREEMANSBURG AVE.
BETHLEHEM, PA 18020
610-868-3742

EAGLE POINT FARM MRKT.
853 TREXLERTOWN RD.
TREXLERTOWN, PA 18106
610-395-8620

EASTON URBAN FARM
902 PHILADELPHIA RD.
EASTON, PA 18042
610-253-4253

EPIC ACRE FARM
178 FIVE PTS RD.
MERTZTOWN, PA 19539
484-695-6469

HUNTER HILL CSA
901 FROST HOLLOW RD.
EASTON, PA 18040
484-788-4634

JOSIE PORTER FARM
6514 CHERRY VALLEY RD.
STROUDSBURG, PA 18360
570-992-5731

**JUNIPERDALE FARM
& PRODUCE CRIB**
1015 BROWNTOWN RD.
NAZARETH, PA 18064
610-217-7203

JUS KIDDIN AROUND FARM
8059 BAKE OVEN RD.
GERMANSVILLE, PA 18053
215-872-3865

LYON CREEK FARM
3502 BLACKSMITH RD.
NEW TRIPOLI, PA 18066
610-390-1641

PATRIOT FARMS, LLC
130 MOUNTAIN RD.
LENHARTSVILLE, PA 19534
484-542-4553

RED CAT FARM
6113 MEMORIAL RD.
GERMANSVILLE, PA 18053
610-767-2519

RED SOL FARM
2311 SEIPSTOWN RD.
FOGELSVILLE, PA 18051,
REDSOLFARM.COM/

RODALE INSTITUTE
611 SIEGFRIE DALE RD.
KUTZTOWN, PA 19530
610-683-1439

SALVATERRA'S GARDENS
9044 MOUNTAIN RD.
ALBURTIS, PA 18011
610-682-0542

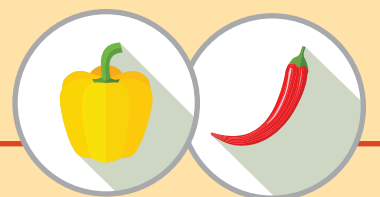
TAPROOT FARMS
66 KEMMERER RD.
SHOEMAKERSVILLE, PA 19555
610-657-1927

TERRA FAUNA FARM
8141 VALLEY VIEW RD.
NORTHAMPTON, PA 18067
610-392-6267

THE GOOD FARM, LLC
8112 CHURCH RD.
GERMANSVILLE, PA 18053
484-262-0675

TWIN MAPLE FARMS
7486 SCHOOL RD.
BATH, PA 18014
610-837-0175

WILLOW HAVEN FARM
7686 HERBER RD.
NEW TRIPOLI, PA 18066
484-201-8249



*Visit buylocalglv.org to see the most updated list!



An NNC
Program

PEPPER LA PIMIENTA

FRESH
RIGHT
NOW

Pictured on front: Bell Peppers

Peppers are a great example of a versatile and culturally significant PA crop that offers many different tastes, colors, and sizes. Most peppers fall into the mild/sweet-tasting or hot/spicy categories, but few individuals brave the scorching hot peppers like Dragon's Breath and Carolina Reaper. Whether you like them sweet or spicy they make a delicious snack, spread, pickle, or sauce. Hot sauces and spreads made by local farmers are extremely unique and tasty! Peppers are typically freshest in the summertime. ^[1]

Health Benefits of Peppers:

Peppers are loaded with vitamins and minerals including Vitamin C, Vitamin B6, Vitamin K1, Potassium, Folate, Vitamin E, and Vitamin A. They are also rich in a variety of antioxidants. This nutrient-dense fruit can help reduce the risk of chronic disease and illness. ^[2]

Growing Local Peppers:

Peppers like the warmth and require three to four months of frost-free growing days. They are considered fruits as they grow from a flowering plant and produce seeds. Generally, the longer the peppers are left to mature, the more tasty and rich in vitamins they become. Local peppers have a relatively small carbon footprint, especially when grown using organic methods. Pepper seeds are some of the easiest seeds to save and grow new pepper crops from. Saving seeds is a great way to save money and reduce waste!

Common Pepper Varieties in PA:

- | | |
|---------------|--------------|
| 1. Sweet Bell | 7. Habanero |
| 2. Pimento | 8. Banana |
| 3. Sweet Wax | 9. Cayenne |
| 4. Jalapeño | 10. Shishito |
| 5. Poblano | 11. Italian |
| 6. Anaheim | 12. Bulgaria |

Pictured Right - Pepper Varieties - Top: Anaheim, Center Top: Habanero, Center Bottom: Jalapeño, Bottom: Poblano ▶

FUN FACTS!

Peppers originated in southern Mexico and Central and South America.

- Sweet red, orange, and yellow bell peppers have very high levels of Vitamin C with nearly *three times more than oranges!*
- Some peppers even adopt a different name when dried. The Poblano peppers (fresh and glossy dark green) become "Anchos" after being roasted and dried until they turn reddish-brown.
- Ground black pepper isn't a relative of the vibrant peppers we know and love. Ground black pepper comes from a flowering vine that produces small, round fruit called **peppercorns**. ▶

[1] Kime, L. (2020, October 27). Pepper Production. Penn State Extension. Retrieved January 18, 2023, from <https://extension.psu.edu>

[2] BSc, A.A. (2019, March 27). Bell Peppers 101: Nutrition Facts and health benefits. Healthline. Retrieved January 18, 2023, from <https://www.healthline.com>

STUFFED BELL PEPPERS Recipe

Serving size: 4 / Total time: 40 mins

*Adapted from PickUpLimes recipes

Ingredients:

- 6 bell peppers
- 1 teaspoon vegetable oil
- 1 medium onion, chopped
- 3 cloves garlic, crushed
- 1 ½ cups ground protein (any meat or plant-based substitute, ex: cooked lentils pair well with this recipe)
- 1 teaspoon ground cumin
- 1 teaspoon Italian spice mix (or other desired substitute)
- ½ teaspoon ground turmeric
- ¾ cup tomato-based pasta sauce
- 1 ½ cups cooked beans
- 1 ½ cups cooked brown rice
- Salt
- Black pepper

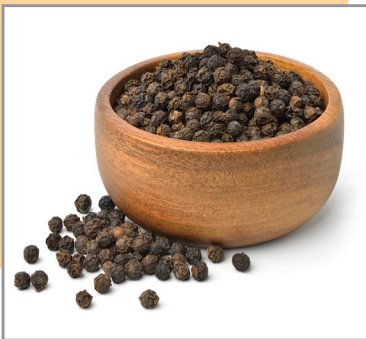
Directions:

1. Preheat oven to 350°F.
2. Cut bell peppers in half lengthwise. Remove seeds (save for growing more pepper plants). Sprinkle some salt on the insides of the bell peppers.
3. In a large pan on high heat, add the oil and onions. Sauté for 5 mins, adding splashes of water as needed to deglaze the pan.
4. Add garlic and sauté for another 2 mins.
5. Add desired ground protein and cook for another 2-3 mins or until cooked.
6. Stir in pasta sauce, beans, and cooked brown rice. On a parchment-lined baking tray, stuff the peppers with the rice mixture.
7. Stuff peppers with the rice mixture on a parchment-lined baking tray. Bake the stuffed peppers covered on the middle rack of the oven for 30-40 mins, or until the bell peppers are lightly charred. Serve and enjoy!

Store in an airtight container in the fridge or freezer.

Pepper Storage & Preservation:

Store fresh peppers in an airtight container in the fridge and dried peppers in a cool dry place. There are many ways to preserve and enjoy peppers. They can be frozen, dehydrated, pickled, or made into jellies, sauces, and salsas.



This flyer, part of Nurture Nature Center's "Fresh Right Now: Advancing Agritourism in the Lehigh Valley through Seasonal Food Education" project, is supported by the 2022-2023 Pennsylvania Agriculture Product Promotion, Education and Export Promotion Matching Grant.