

Peaches and Bell Peppers

Peaches

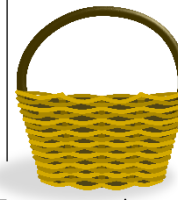
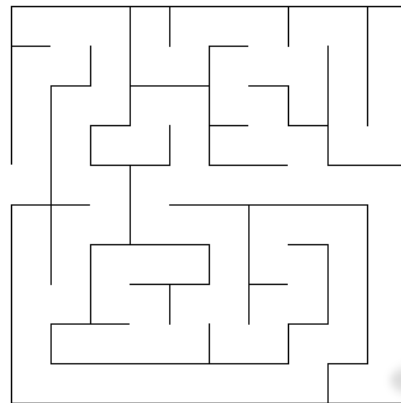
Peaches are fuzzy, juicy, and sweet. Although China is the largest producer of peaches, they are loved by many here in America! They are a good source of Vitamin A, B, and C.



Fun Facts

- ♥ Georgia is known as the Peach State
- ♥ August is National Peach Month
- ♥ Peppers were named by Christopher Columbus and Spanish explorers
- ♥ Red bell peppers are sweeter than green bell peppers

Trace the peach through the maze into the basket



Finish

Bell Peppers

Bell Peppers are sweet and colorful. They come in a variety of colors like yellow, green, orange, and red. They are good sources of vitamins and antioxidants – a natural chemical that helps keep the body healthy. One bell pepper has twice the amount of vitamin C as an orange!



How many green bell peppers are in the basket?

Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view recipes and additional information, go to:

www.wellspan.org/marketbasket

