



BELL PEPPERS

WHERE DID THEY COME FROM?

Bell peppers originated in Central and South America.

WHEN ARE BELL PEPPERS PLANTED AND HARVESTED IN GEORGIA?

Bell peppers are planted in Georgia in late spring for summer harvest and late summer for fall harvest.

WHY ARE BELL PEPPERS GOOD FOR YOU?

They contain a variety of vitamins and minerals and are especially good sources of Vitamins C and A.