

Nutrition:

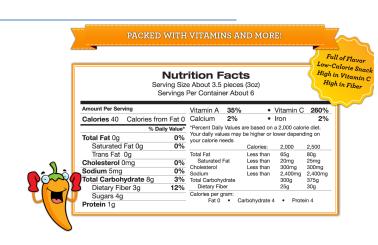
- Mini sweet peppers are an excellent source of vitamin C and a good source of vitamin A.
- Vitamin A helps keep your eyes healthy so you can see and vitamin C keeps your body's immune system functioning to help fight off colds and the flu.

Did you know?

- Mini sweet peppers can be yellow, red, or orange.
- The best way to eat one is to hold it like a strawberry and bite it off right below the stem.
- They are primarily grown in California and the plants can grow up to 6 feet tall.
- It takes a mini sweet pepper plant about 75 days to grow from a seed to a flowering plant and about 50 days from a flowering plant to a vine-ripened pepper.

More:

- They are a great addition to salads, stir-fries, stuffed, or eaten plain!
- Keep the mini peppers refrigerated; at room temperature they lose their crunchy texture.



http://www.wilsonproduce.com/mighty-mini-peppers/