Wiggle, Giggle & Munch

Peppers

Peppers come in all shapes, sizes, colours and flavours!

Sweet bell peppers are full of vitamin C. They grow above ground and they love nice hot temperatures. They also like to be planted in the garden near tomatoes – peppers and tomatoes are garden friends!

In Australia, peppers are called Capsicum. In Spain, a red pepper is called el pimiento rojo.

Peppers taste great in salads, stir fry, soups and on their own.

Peppers are a fun vegetable to dip: try yogurt or cottage cheese with spices, hummus and bean dips. Yum yum!