

THIS MONTH'S HARVEST

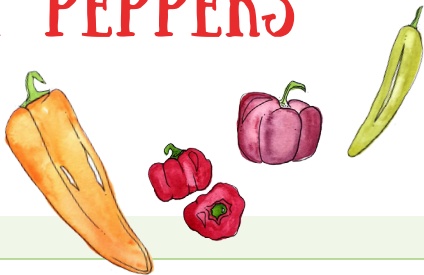
SWEET PEPPERS

TRY A BITE

with

VERMONT HARVEST OF THE MONTH

www.VermontHarvestoftheMonth.org



DID YOU KNOW?

Red and green peppers are an excellent source of vitamin C and vitamin A and a good source of potassium. They also contain vitamin B6 and folic acid.

