



GREENHOUSE GROWN VEGETABLES

It's pepper month!



Bell Peppers

Bell peppers have antioxidant properties, which may help lower blood pressure, protect against cardiovascular disease, and promote good digestive health. Red peppers pack the most nutrition because they have been on the vine longest.



Mini/Snacking Peppers

Unlike other peppers, mini/snacking peppers only change their colours once. All of them start as green, but eventually, they'll change to either yellow, orange, or red. These peppers grow between 1 and 2 inches long and they provide a relatively similar flavour profile – sweet and fruitful!



Long Sweet Peppers

Long sweet peppers, also known as Italian frying peppers or banana peppers, offer numerous health benefits including eye health, and heart health. Beyond their nutritional benefits, long sweet peppers have a delightful, sweet taste that adds a burst of flavour to your dishes.



Such good *benefits*

