



Kentucky Peppers

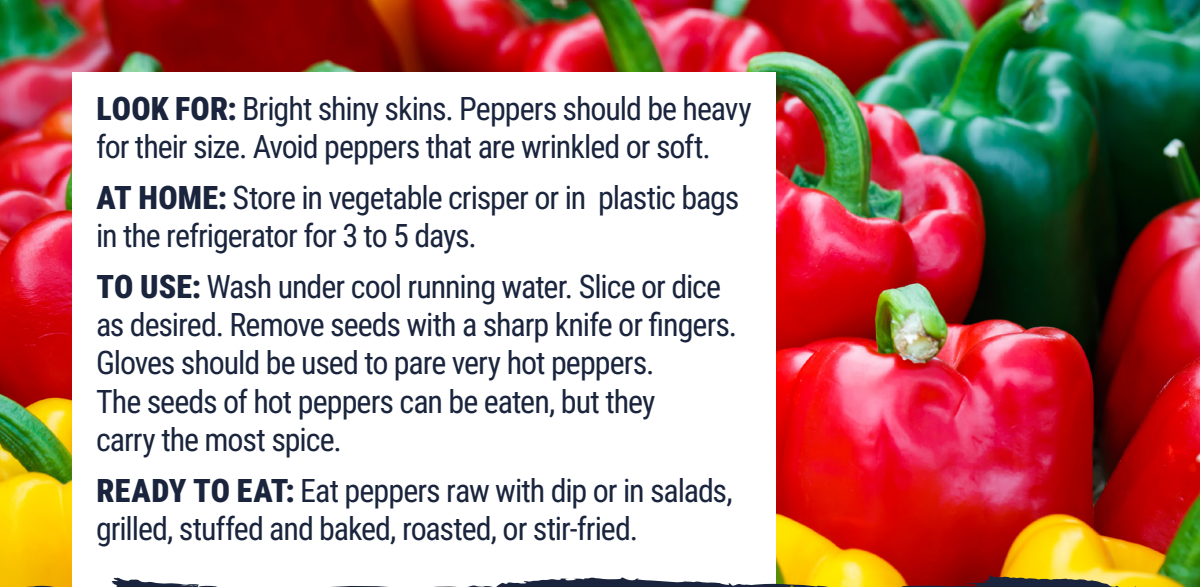
**RIPE AND TASTY:
JULY - SEPTEMBER**



Cooperative Extension Service



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LOOK FOR: Bright shiny skins. Peppers should be heavy for their size. Avoid peppers that are wrinkled or soft.

AT HOME: Store in vegetable crisper or in plastic bags in the refrigerator for 3 to 5 days.

TO USE: Wash under cool running water. Slice or dice as desired. Remove seeds with a sharp knife or fingers. Gloves should be used to pare very hot peppers. The seeds of hot peppers can be eaten, but they carry the most spice.

READY TO EAT: Eat peppers raw with dip or in salads, grilled, stuffed and baked, roasted, or stir-fried.



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