

Growing UP ...in Ontario!

**THE POPULAR
PEPPER!**

Do peppers grow in Ontario?

Yes! In 2006, 4,000 acres of harvested land was used to grow peppers. Greenhouse pepper plantings in Ontario first occurred in the mid to late 1980's in the Niagara area, and have become more popular over the past five years in the Leamington area. Currently, there are approximately 90 acres devoted to pepper production in Ontario. That's the same as almost 90 football fields full of great tasting peppers! Our province also leads all of North America in greenhouse vegetable production.

How are peppers grown?

Your peppers were grown on vines in greenhouses. For a safe growing environment, computers control temperature, watering and nutrients. The peppers are allowed to mature to full colour before harvesting. Red, yellow and orange are the most common colours grown.

When are peppers available?

Look for fresh Ontario grown peppers from July to October.



PICTURE THIS!

All peppers start off as green; then they change to the appropriate colour (orange, red or yellow) based on the variety of pepper. Peppers are allowed to mature to full colour before they are harvested.

SNACK FACTS!

Red peppers are the most popular colour. • The most common type of pepper grown is the 4-lobed, blocky, sweet bell pepper.

**Don't forget to
wash your hands
before you eat!**

Handwashing is one of the easiest and best ways to stay healthy and prevent spreading germs.

Source: Foodland Ontario (2008); Ontario Greenhouse Vegetable Growers (2006)

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PRODUCE POINTERS

- Choose peppers that are smooth, firm and plump with shiny skins.
- Peppers can be eaten raw, stir-fried, baked, grilled, or stewed.

Source: Foodland Ontario (2008)

SNACK SEARCH!

E	I	S	E	G	E	A	A	S	L
R	P	E	E	E	G	L	N	S	E
E	S	U	O	H	N	E	E	R	G
E	I	I	N	E	A	H	E	E	P
N	B	G	G	W	R	L	R	P	I
P	U	V	E	P	O	E	G	P	S
O	S	R	S	B	R	L	S	E	E
G	R	E	E	N	I	E	L	P	U
E	O	D	E	R	V	I	N	E	S
A	V	S	A	O	O	G	Y	E	Y

PEPPERS

YELLOW

RED

GREENHOUSE

LOBED

VINES

ORANGE

GREEN



Students:

Do you know how your peppers were grown? Read through this fact sheet to find out!

Parents:

Looking for ways to include an extra serving of vegetables and/or fruit at dinner? Watch for handouts like "Paint Your Plate! ... at Dinner" for practical and delicious tips!

Teachers:

Looking for a quick and easy way for students to learn more about vegetables and fruit? Refer to section 3.6 of *Paint Your Plate! Create a Masterpiece* Vegetables and Fruit Action Guide for Schools for a variety of PA Announcements.



Keep your balance!

Try to make healthy eating and physical activity a part of your daily routine. Show your Athletic Moves! Move around the room like athletes from different sports and have a friend guess what sport you are acting.

Adapted from Everybody Move! Daily Vigorous Physical Activity resource (CIRA Ontario)



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For recipes and more information, visit:

- www.eatrightontario.ca
- www.foodlandontario.ca
- www.ontariogreenhouse.com
- www.vhqfoods.ca