



# *Sweet Peppers*



**Pero Family Farms** is located in Delray Beach, FL. Pero Family Farm is part of a remarkable five generation journey and specializes in green beans, mini sweet peppers, broccoli, and MORE!

- Mini sweet peppers are typically harvested in the summer and early fall.
  - Mini sweet peppers come in vibrant colors and are sweeter than regular bell peppers.
  - Sweet peppers are typically pollinated by bees, which helps ensure a good yield of fruit.
  - Sweet peppers have a high water content, which helps keep you hydrated.
- ★ Sweet peppers are a good source of vitamin A & C!

**Locally grown **sweet**  
**peppers** served in  
your café!**

FULTON COUNTY SCHOOLS

**SCHOOL NUTRITION**

*Tasty Eats*

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