

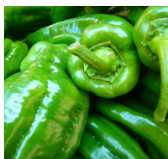
Bell Pepper of the Ball



Wrinkled skin on bell peppers are still good to eat as long as there is no mold.



If there is any sign of mold, dark spots or slimy texture, throw it away.



Bell peppers are best stored in the fridge and can last up to two weeks.



Wrinkled bell peppers are better cooked as they lose moisture and lack a crunchy texture.



Check out more Recipes Here
or concrete-jungle.org/recipes/

CONCRETE JUNGLE



Facts & Benefits

Did You Know...

Red bell peppers contain higher levels of Vitamin C than oranges making it one of the richest sources.

Red bell peppers are simply ripened green peppers! As a bell pepper ages, its flavor becomes sweeter and milder.

Raw bell peppers retain the most nutritional value as cooking can lead to nutrient loss.

Bell peppers are a fruit!

Paprika is dried and finely ground bell pepper.