



Vegetable Spotlight



PEPPERS

VEGETABLE SUMMARY

SYG Varieties: Bell Peppers - Gypsy, Red Knight, Early Sunsatation
Sweet Peppers - Lunchbox
Hot Peppers - Jalapeño

Growing Season: Summer

Maintenance: Mulch peppers in using straw. Mulching helps keep moisture in the soil which keeps the plant's roots nice and cool. Mulch also helps to keep weeds out of your garden. Watch the "[How to Mulch Your Garden](#)" video to learn more.

Harvest: Peppers can be continually harvested throughout summer and fall up until the first frost. Watch this quick "[How to Harvest Peppers](#)" video to learn more.



TRANSPLANT



FULLY GROWN PLANTS

Nutrition Facts: Peppers are a great source of **vitamin C**. Among many other benefits, vitamin C helps the body absorb nonheme iron (iron found in vegetables). Iron helps the body do a lot of things too, including staying energized and keeping our brain and muscles healthy.

Recipes: Use fresh peppers in simple recipes like Yummy-In-The-Tummy Gazpacho (recipe card provided), [Salsa on a Stick](#) and [Pizza on a Stick](#).

Book Recommendations: *Gazpacho for Nacho* by Tracey C. Kyle, Illustrated by Carolina Farías

YUMMY-IN-MY-TUMMY GAZPACHO (PEPPERS)

MATERIALS:

- Ingredients to make gazpacho (see recipe card provided)
- Mixing Bowl
- Large Spoon
- Knife (plastic kid safe if available)
- Cutting Board
- Measuring cups and spoons
- Dixie cups and spoons for tasting

SUMMARY:

In the book, *Gazpacho for Nacho*, the main character, Nacho, is a picky muchacho who only eats gazpacho. Nacho learns that cooking the food he eats helps him be excited to try new foods. Using the vegetables growing in your garden, make and try Nacho's beloved recipe for Gazpacho!

ACTIVITY:

1. As a class, go out to your garden and harvest all the ingredients you'll need to make the Yummy-In-My-Tummy Gazpacho recipe provided. Wash all ingredients and set aside.
2. Read the book *Gazpacho for Nacho* by Tracey C. Kyle as a class.
3. Follow the directions to prepare the recipe for *Yummy-In-My-Tummy Gazpacho* (provided). Make the recipe together as a class by letting each student take turns adding in a different ingredient, stirring, measuring, chopping (if using child safe plastic knives), etc.
4. Use the glossary in the back of the book to remind students of the Spanish translation for each of the vegetables being used in the recipe. For example, when a student takes their turn helping to chop the peppers, say next we will chop the peppers or *los pimientos*. Have the class repeat it back to you both in English and Spanish.
5. Once the recipe is complete, let it chill in the refrigerator for 1 hour.
6. Serve in small tasting size portions with a spoon and enjoy!

KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

- ATL.p4.4: Carries out tasks, activities, projects or experiences from beginning to end.
ATL.p4.1: Sustains attention to task despite distractions.

Missouri:

- I.5.a.: Sustains attention to a task or activity appropriate for his or her age.
I.5.b.: Pursues challenges.



YUMMY-IN-MY-TUMMY GAZPACHO (PEPPERS)

Recipe for: YUMMY-IN-THE-TUMMY GAZPACHO

Serves 10-20 students a sample size portion

Recipe adapted from the book, *Gazpacho for Nacho* by Tracey C. Kyle

INGREDIENTS

- 2 cups tomatoes, diced
- 1 large cucumber, diced
- 1 green bell pepper (or 3-4 if using the lunchbox variety), deseeded and diced
- 1/4 teaspoons garlic powder (or 1 clove if using fresh)
- 1/4 teaspoons onion powder (or 2-3 green onions, diced)
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon salt



DIRECTIONS

1. Dice tomatoes, cucumbers and bell peppers and add all to the mixing bowl.
 2. Add garlic powder and onion powder (or chop and add if using fresh) to tomato mixture.
 3. Next add olive oil, red wine vinegar and salt.
 4. Mix all ingredients until well combined.
 5. Let gazpacho chill in the refrigerator for 1 hour. Serve in small dixie cups with a spoon.
- Optional: Add dried croutons to the top.

