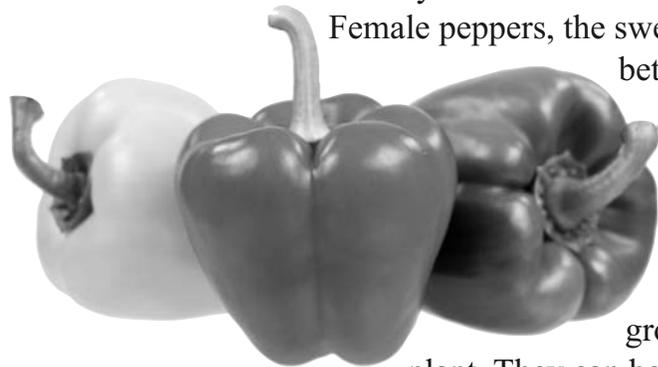


Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

## Bell Peppers: Eating Boy or Girl?

**C**apsicum Annum, also known as bell peppers, are a common vegetable that can be eaten raw or cooked. These peppers have seeds, which actually make this common “vegetable” a fruit.

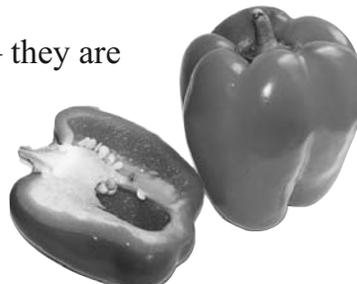
Bell peppers can be categorized as male or female according to the pepper’s anatomy. Peppers with four lobes at the base are considered to be female. These female peppers are normally sweet and full of seeds, whereas peppers with three lobes are considered to be male, are normally not as sweet and contain less seeds.



Female peppers, the sweeter of the two, are better eaten raw or in lightly sautéed dishes, while the male peppers are better suited for baked dishes.

Bell peppers are grown from a flowering plant. They can be grown or bought in different colors: green, red, orange, or yellow. But all bell peppers start their growth from the same seed and all are initially green. The growth and ripening of the bell peppers are what change their color. Starting out green progressing to yellow, then orange, and finally red, the longer the bell pepper ripens, the sweeter the taste will be. Over the years, horticulture has developed genetically modified seeds for each of the different colored bell peppers. These seed have the ability to turn the bell pepper to the desired color faster.

Bell peppers are full of health benefits — they are low in calories and are full of vitamin A, vitamin C, and potassium. They are also a great source of fiber, folate, and iron.



### Dining Centers & Days of Service Call for Lunch Reservations

#### LINN COUNTY

##### Albany Senior Center

Monday - Friday (541) 967-7647

##### Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

##### Lebanon Senior Center

Monday - Friday (541) 451-1139

##### Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

##### Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

#### BENTON COUNTY

##### Corvallis Senior Center

Monday - Friday (541) 753-1022

#### LINCOLN COUNTY

##### Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

##### Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

##### Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

##### Toledo, Trinity United Methodist

Friday (541) 270-7416

##### Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796

Adapted from <https://ethnicfoodsrus.com/little-known-facts-about-bell-peppers/>;  
<http://www.naturefresh.ca/bell-pepper-faqs-facts/>

Photos courtesy of <http://alphastockimages.com>; and Anton Croos via Wikimidia Projects

N. Comeaux, RD 11/12/2018