



July/August 2019 Family & Consumer Science/ Extension Homemakers Newsletter

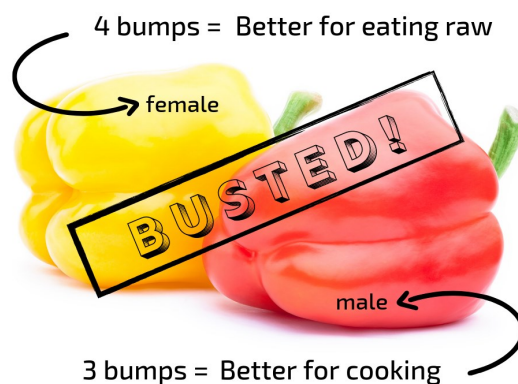
Have you heard that the 3-lobed peppers are male and good for cooking, and the 4-lobed peppers are female and good for eating. This is a busted myth.

All pepper fruits are ripened ovaries containing seeds formed after pollination. Those seeds will then form new pepper plants. The bumps or lack thereof are primarily related to the variety and growing conditions.

Sweetness is usually a factor of ripeness.

Thus red bell peppers are sweeter than green. The peak season for bell peppers are in July but seasonally run from July to October. Bell peppers are rich in Vitamin C. The vitamin C content of bell peppers is more than in a orange and 2 or 3 times more essential vitamin in green and red peppers. Vitamin C is important to consume because of the growth and repair of bodily tissues, wound healing, and also in the ability to absorb iron. Bell peppers also contain vitamins B6, K, A, and E and cancer fighting properties.

When buying bell peppers look at the lobes on the bottom of the pepper. There are typically 3 to 4 lobes which can determine which ones are the best to cook and eat or wash and eat raw. 3-lobed bell peppers are considered less sweet and taste better when cooked in stir-fries, and fajitas. 4-lobed bell peppers are a bit sweeter and are better to choose when picking bell peppers to eat washed and sliced or for a snack without cooking. This information is from the Mississippi State Extension.



Adventures in grandparenting

LUNCH AND LEARN SERIES

Dates: July 31, August 7, 14, 21

Time: 12 - 1 pm

Where: Union County Extension Office

Please bring your lunch and come and learn
about Grandparents Raising Grandchildren.

For more information and to register contact the
Union County Extension Office at 870-864-1916
or email at lamcgarrh@uaex.edu.

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CANNING CLASS



Come and learn how to make pickled cucumbers.

Tuesday, August 6, 2019

Where: TBA

Time: 1:00-3:30

Cost: \$10.00

All supplies will be provided. Deadline to sign up is
August 1st.

If you would like more information and to register
contact the Union County Extension Office at 870-864-
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Lauren McGarrh

County Extension Agent– Family and Consumer Science

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