



Try the
Septemeber Harvest of the Month!
.....
Peppers
.....





IDEA Child Nutrition Program September 2024 Harvest of the Month Recipe

Roasted Salsa Roja



INGREDIENTS

- 4-6 Roma tomato
- ¼ onion
- 1 garlic clove
- 3-4 Puya peppers
- 1 tbs olive oil
- Salt to taste

STEPS

1. Preheat broiler to high
2. Arrange veggies on a baking sheet and drizzle with olive oil.
**If using dried chiles, you can leave those out of the oven and add in step 5
3. Place baking sheet in the oven for 6-8 minutes. Veggies should be nice and charred
4. Remove veggies from the oven and allow them to cool to the touch, about 5 minutes.
5. Once veggies have cooled, place everything in the blender, including any juices from the veggies, and salt to taste.
6. Pulse the blender a few times for a chunkier consistency OR blend on high for about 2 minutes until a smooth consistency is reached.
7. Serve with tortilla chips or enjoy over your favorite dish!



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Peppers

VARIETIES

Bell Peppers



Bell peppers are a variety of peppers that are known for their sweet flavor. This is a popular option in cooking if you don't want spice.

Jalapeños



This variety of pepper is a type of chili pepper. It has a spicy flavor and is commonly used in salsas and can even be pickled as well!

Cayenne Peppers



This variety of pepper originated from South America and its plant can grow from two to four feet tall!

Peppers FAST FACTS

Peppers are a great addition in cooking to add a variety of flavors to different dishes.



A common myth is that seeds are what make hot peppers spicy, but the spice is actually found in the pith of the pepper.

Spicy peppers get their heat from a compound called capsaicin.

Peppers are low in calories despite their bold flavors. They also contain fiber and antioxidants.

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2025 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

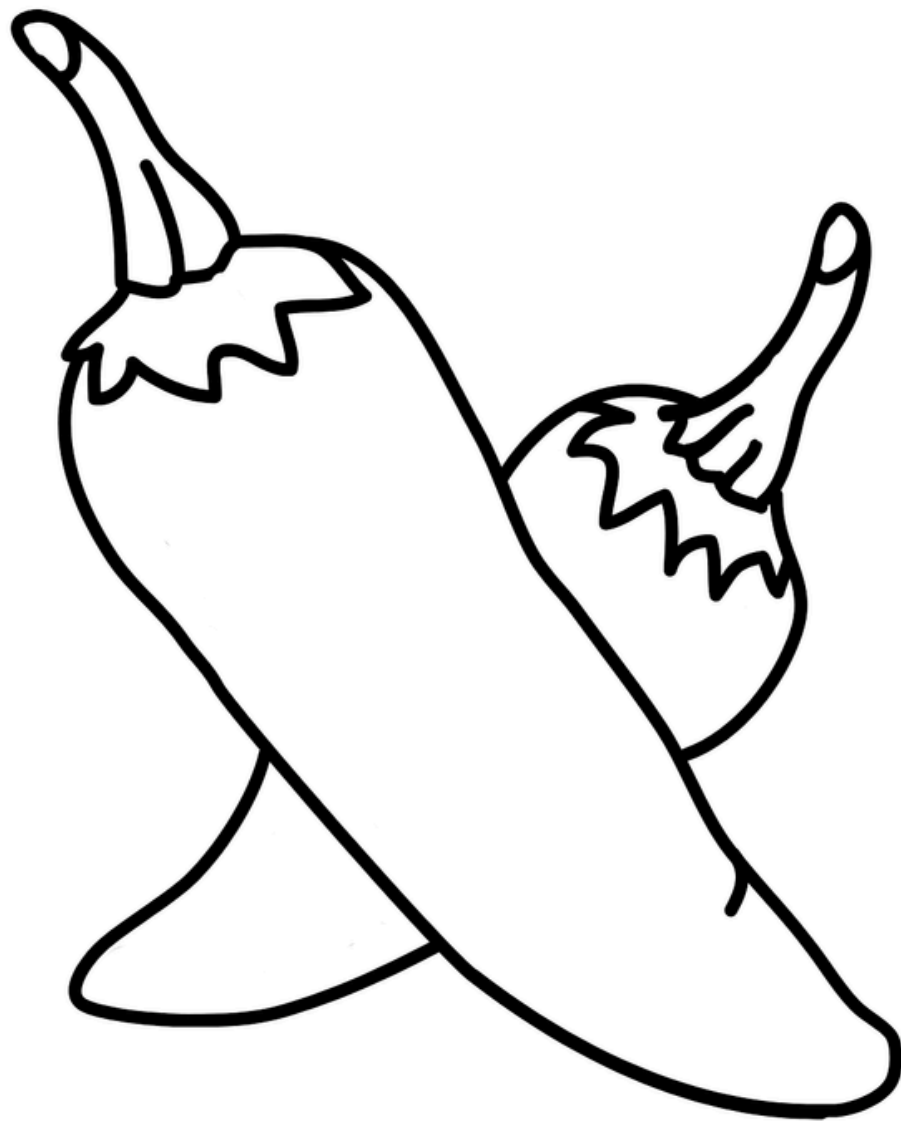


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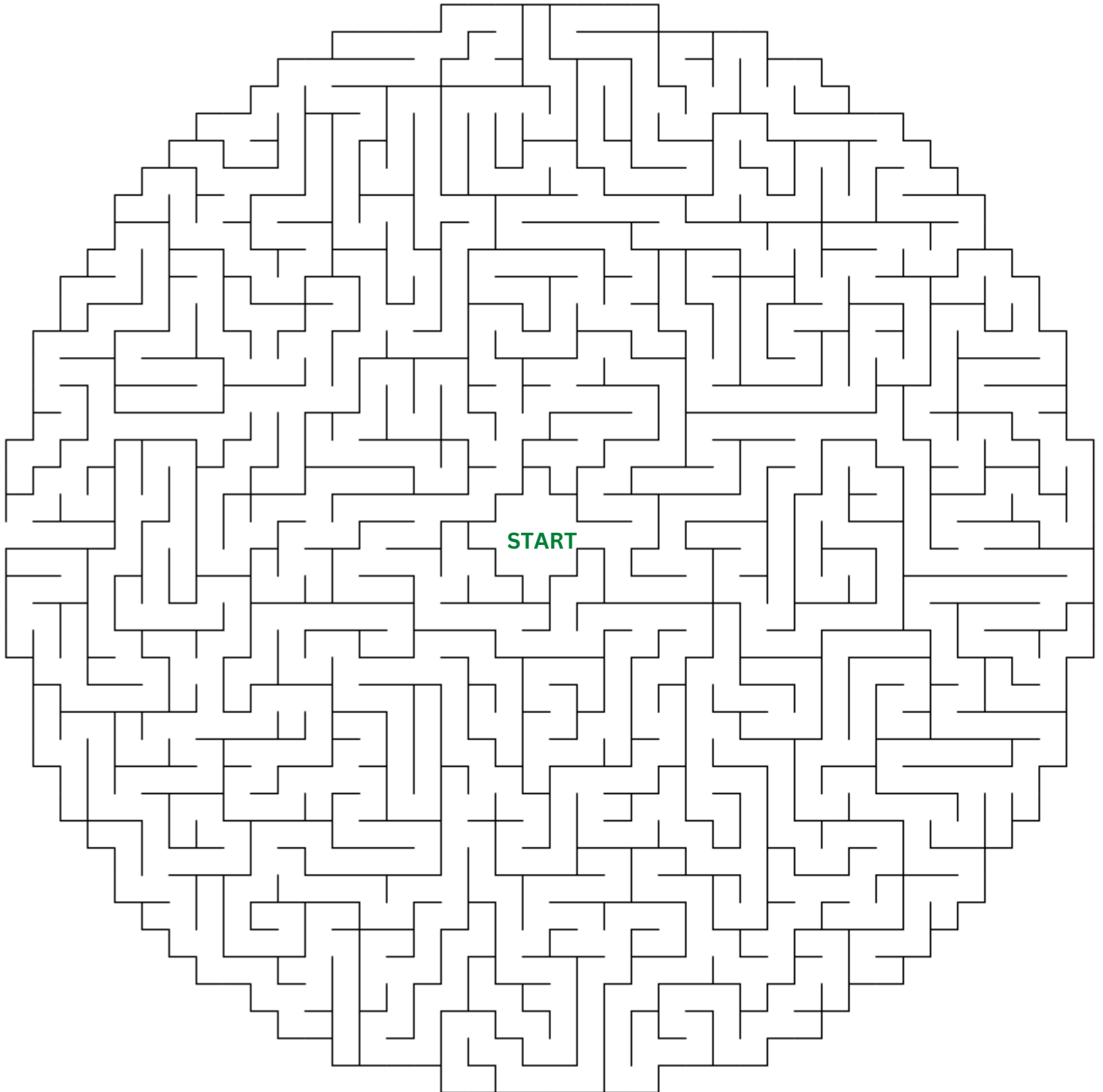
Coloring Activity





IDEA Child Nutrition Program September 2024 Harvest of the Month

Directions:
Find your way to the Pepper!



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Word Search

Directions:

- Find the Pepper related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

Capsaicin
Flavorful
Peppers
September

Crunchy
Green
Red
Spicy

Fiber
Harvest
Seeds
Vegetable

U	F	R	Z	O	Z	J	R	E	O	J	Y	G	Z	O
K	U	L	E	H	E	U	H	K	M	H	R	L	G	N
L	G	L	A	B	C	N	K	G	C	Y	X	N	V	G
A	E	G	G	V	M	V	N	N	S	E	E	D	S	J
G	L	N	J	Q	O	E	U	J	U	X	W	O	L	K
R	B	R	N	C	L	R	T	U	H	A	W	F	S	F
E	A	E	M	E	C	T	F	P	L	E	Z	O	F	R
E	T	S	E	V	R	A	H	U	E	S	P	I	C	Y
N	E	X	E	N	Q	Q	P	S	L	S	V	F	A	P
C	G	O	O	S	G	R	R	S	R	S	Z	I	L	U
I	E	B	E	X	I	E	U	E	A	U	J	B	D	M
A	V	O	S	S	P	T	D	O	M	I	C	E	D	M
W	Y	W	C	P	W	A	J	H	Y	H	C	R	G	D
I	S	I	E	X	D	C	J	C	V	H	L	I	O	W
F	F	P	E	O	T	H	B	D	P	X	S	I	N	J



IDEA Child Nutrition Program September 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Pepper Related Words!

Scrambled Word

Unscrambled Word

1. ASIICNPAC
2. OVAFLFULR
3. RPSPPEE
4. PEESERTMB
5. HNYCRUC
6. REEGN
7. RDE
8. PIYSC
9. EIRFB
10. VRTEHAS
11. ESSED
12. VGBLAETEE

ANSWER KEY

12. VEGETABLE
11. SEEDS
10. HARVEST
9. FIBER
8. SPICY
7. RED

1. CAPSICIN
2. FLAVORFUL
3. PEPPERS
4. SEPTEMBER
5. CRUNCHY
6. GREEN

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