



# Cute Capsicums

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**Fun fact: capsicums are actually a fruit because they grow on flowering plants and have seeds!** Capsicums are in the same family as chillies but they're not spicy. In fact, red capsicums are sweet and juicy. Yum!

**Did you know you that green, yellow, orange and red capsicum are actually all the same fruit, just harvested at different stages?**

Capsicum grows best in warm climates, particularly in the more southern parts of Australia. It's best to plant them in Spring, and harvest them during Summer.

**Did you know that Queensland produces up to 80% of our capsicums?**

Capsicums are an amazing source of vitamin C. **Just 1 serve of red capsicum can give you 190 mg of vitamin C**, which is more than 300% of your recommended daily intake! Vitamin C can help us absorb iron from our food. **Try adding some capsicum to your favourite lentil recipe, like our delicious lentil burger.**



We love eating our capsicum raw in a salad, baked in the oven, cooked into a stir fry or chopped in a quesadilla!

## Quiz

1. True or false: capsicums are in the same families as chillies
2. Are red capsicums the same fruit as the green, yellow and orange capsicums?
3. How much vitamin C does 1 serve of capsicum give you?

Answer  
1. True 2. Yes! They're all the same fruit, just harvested at different stages  
3. 1 serve of capsicum can give you 190 mg of vitamin C.