

# Peppers

## Peppers are a member of the Solanaceae family and Capsicum genus.

Peppers are technically fruits because they are produced from a flowering plant and contain seeds.

Hot peppers contain compounds called capsaicinoids, with capsaicin being the most dominant of these compounds. It is primarily found in the membrane or pith that holds the seeds. The seeds often have residual capsaicin on their surface due to contact with the membrane, but the actual seeds do not contain capsaicin!



Peppers can be measured by Scoville Heat Units (SHUs) which measures pungency (spiciness).

As bell peppers ripen, their color changes from green to red and they become sweeter. Red peppers also have twice the vitamin C as their green counterparts.

Bell peppers are the #4 vegetable produced in Georgia per the Georgia Farm Gate Value Report 2021.

Paprika spice is made from dried, ground sweet peppers. It is mildly flavored and is prized for its bright red color.



Georgia Department of Education School Nutrition