



DESCRIPTION

Red, Orange, Green and Yellow colour.

NUTRIENTS/ BENEFITS

Vitamins A, C, Calcium, Magnesium, Phosphorus, Potassium.
Its high fibre content helps to aid digestion.

PREPARATION/USES

- Roasted
- Baked
- Steamed
- Fresh, dried or cooked, adds "kick" to a dish.

WHEN TO EAT

Better when firm and unwrinkled.

HANDLING

Keep at room temperature