

MINUTE NUTRITION NEWS

July 2016

Eating Local and Seasonal: Peppers

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This month's local and seasonal pick of peppers may seem not-so-seasonal considering their year-round availability in our grocery stores. However, did you know that field grown peppers in Ontario are only available at this time of the year until October? Peppers available in Ontario for most of the year are grown in greenhouses. This issue will help you explore some of Ontario's greenhouse growing practices.

Ontario Greenhouse Vegetable Growers

All greenhouse pepper growers in Ontario are members with the Ontario Greenhouse Vegetable Growers (OGVG) organization. This non-profit organization is regulated by the Farm Products Marketing Act and responsible for licensing the people who grow, pack and distribute Ontario greenhouse vegetables, including peppers. Pepper growers in Ontario are spread across from Windsor to Niagara, up to as north as Ottawa.



Why You Might Consider Greenhouse Peppers

There are several reasons why you might consider buying greenhouse peppers in Ontario. In addition to providing access to fresh vegetables during the harsh Canadian winters, the growing practices of greenhouse pepper growers also make this vegetable a safe and healthy choice for Ontarians.

- Greenhouse vegetables allow access to fresh vegetables during the Canadian winter season.
- Ontario greenhouse farmers use a technique called Integrated Pest Management. They use good bugs to control pests, therefore reducing or eliminating the need to use pesticides.
- Most greenhouse peppers in Ontario are grown in hydroponic systems (nutrient-rich water solutions) without the need for soil. This allows the farmer to have better control over the quality of the vegetable, minimize waste and maximize yield.
- Ontario greenhouse farmers have third-party food safety audits each year to ensure compliance with food safety standards.
- Although greenhouses may require increased electricity and heat to run, it also has the potential to reduce our carbon foot-print by allowing us to choose locally grown vegetables over imported ones.

Nutritional Goodness

Peppers are excellent sources of vitamins A and C. It's also a good source of fibre and contains smaller quantities of some other vitamins and minerals such as folate and vitamin B6.



Visit the link below to take a virtual greenhouse vegetable farm tour to learn more!

<http://www.visitesvirtuellesdesfermes.ca/en/vegetables/index.html>

RECIPE OF THE MONTH

July 2016

Thai Inspired Summer Peach and Pepper Salad

This refreshing salad is a great accompaniment at dinner to lighten up the meal on a hot day. Not only does it contain seasonal peppers, but the peaches are also available at this time of year – an excellent recipe to help you eat local and seasonal!



Makes 1 serving (1 serving = approx. 1 ½ cups)

Ingredients:

1 small	Peach, yellow-flesh, sliced
½ large	Red pepper, sliced
1/8 cup	Red onion, thinly sliced
4-5	Basil leaves, roughly chopped
¾ tsp	Rice vinegar
1 tsp	Sweet chili sauce
½	Lime, juice only
½ tsp	Honey
Pinch	Salt (optional)

Directions:

1. Combine peach, red pepper, red onion and basil.
2. In a separate bowl, combine remaining ingredients for the dressing. Mix and add into salad.
3. Gently mix together salad and dressing. Serve and enjoy!

Nutrition information (Per serving, including added salt):

120 calories, Fat 0.5 g (1% DV), Carbohydrate 27 g (9% DV), Fibre 4 g (16%), Protein 2 g, Sodium 260 mg (11% DV), Sugars 21 g, Vitamin A 60%, Vitamin C 200%

Nutrition Tip: Although this recipe contains 21 grams of sugar, most of it are the natural sugars from the fruits and vegetables. Only five grams are in the form of added sugars from the dressing, making this salad still a healthy choice!