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 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?

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