They are also known as Bell Peppers or Capsicums. They are the most popular of the chili peppers with a very mild or zero hotness.

You might think that the bell peppers are vegetables, but they are actually fruits.

They are used worldwide as a vegetable instead of spices.

Native to Mexico and Central America. The Spanish word for bell pepper is pimento de campana.

Peppers were named by Christopher Columbus and Spanish explorers.

High in Vitamin C and have good levels of Vitamin A.

Great for snacks with only 46 calories.