

September 2026 Nutrition Nugget-

Welcome Back to School, Everyone! Hope everyone is glad to be back and getting into the swing of things again.



Bell Peppers- **Crunchy, Colorful, Sweet, Spicy - Peppers can run the gambit of flavors to enhance any meal! And evidently they can be a little controversial or mysterious! Click on this link to see why you may hear someone in the Midwest call a green pepper a mango! [The Midwest Mango-Green Pepper Mystery](#)**



Apples- Did you know that there are over 7500 apple varieties in the world with over 2500 of them in the US alone? That's a lot of delicious choices!! You are sure to find a favorite to enjoy.



"An apple a day keeps the doctor away." keeps the Dr. away?

[Why do they say an apple a day](#)

Click on the link below to get a taste of what is in season and recipes to make it special & nutritious!
[What's In Season for September](#)

The "bad" jokes are back-or should I say "rotten"? Hope they bring a smile even if they are corny! 🥰

Q. Did you hear about the guy giving away dead batteries? A. They were free of charge.

Q. What does a nosy pepper do? A. Gets jalapeño business!.

Q. How do you identify a bald eagle? A. All his feathers are combed over to one side.

Q. Which bear is the most condescending? A. A pan-duh!

***Two fish are in a tank ... One turns to the other and says, "Any idea how to drive this thing?"**



And the Knock, Knock joke:

"Knock, Knock"

"Who's there?"

"Cowsgo.."

"Cowsgo Who?"

"No, Silly, Cowsgo MOO!"

Find some more wholesome family friendly jokes, trivia, games, etc at this website! <https://easyfamilyfun.com/>

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