








**Spice up the
summer at your
Farmers Market**

Grow a pepper plant
with this seed card.
See back for instructions.

UNIVERSITY OF MINNESOTA
Driven to Discover™

**Wednesdays 11 a.m. to 2 p.m.
July 7 – October 6 • Church Street
Rain or shine**

Come to your Farmers Market

-  Buy locally grown produce
-  Add color to your meals
-  Eat more fruits and veggies
-  Get out for a walk
-  Build community

www.farmersmarket.umn.edu

Visit our University partners:

- Boynton Health Service
- Campus Club
- Rec Sports
- Summer at Northrop
- University Dining Services

Remember to bring a reusable bag.

Instructions: How to plant your pepper

Your serrano chili pepper is handmade from recycled, biodegradable fibers and is embedded with seeds. Simply remove the attached pepper from the front of this card and soak it in lukewarm water for a couple of hours. Place the pepper flat on the soil and cover with ¼ to ½ inch of dirt. Keep the soil moist until the seeds germinate. With proper care the fibrous paper will decompose and the seeds will burst into spicy serrano chilies in about three weeks. Initially, serrano peppers are green in color. Eventually they ripen to become yellow, red, orange, or brown.

Find more information at: www.extension.umn.edu

Get growing!

 Office of **Human Resources**
Wellness Program

100 Donhowe
319 - 15th Avenue SE
Minneapolis, MN 55455