

- **Bell Pepper:** There are two types of sales, per pound or per pepper. I usually look for the per pepper pricing; in my area it's generally cheaper – I'll then buy the biggest, most gorgeous ones I can find. The peppers are often bagged and sold by a unit price, too. A really good price in our area is about a fifty to seventy 75 cents a pepper for the red, yellow or orange ones, and 40 to 75 cents for the green bell. This one ran about 70 cents.
- **Tomatoes, fresh:** These vary in price (and quality) according to season, and a good price here in Minnesota is between 69 and 99 cents a pound. In the winter, I often look for plum tomatoes because they seem to taste better. Don't be swayed by the outside of the tomato - some of the best have imperfections, especially if they're vine ripened. Never refrigerate your tomatoes if you can help it. An old farm wife's trick? Add a sprinkle of salt and sugar if your tomatoes are tasteless. If tomatoes are a great price, I'll sometimes buy some perfectly ripe and others not so ripe and put them in my windowsill to ripen. Cost 70 cent
- **Tomato Paste:** Another item I generally don't pay for with coupons and sales – keep it in a Ziploc bag in your freezer and thaw for a few minutes to use. Cost 0
- **Green Onion:** I try to buy on sale for about 50 cents a bunch (usually during Holidays) then put the white tips in a jar of water in a sunny window to regrow. Kids love taking ownership of the project. I only need to replenish every few months. Cost is so minimal that I don't even count it.
- **Other ingredients:** I always use coupons and watch for sales for condiments - the other ingredients are really nominal in such small amounts. Look for Asian ingredients like the Chili Sauce to on sale after New Years when the Chinese New Year is approaching. Vinegar is often on sale around Easter and during the summer.