



Pepper

Capsicum annuum

Nutrition Facts

- Green peppers have twice as much Vitamin C by weight than citrus fruits.
- Red peppers have twice the Vitamin C as green peppers.
- A regular diet of bell peppers helps keep a strong immune system.
- Peppers contain a large amount of dietary fiber.

Planting

Plant 5/1-5/30

(Guidelines for planting in raised beds)

Plants: Plant transplants 14-16” apart in rows spaced 14-16” apart.

Recipe

Wash all vegetables before using

Pico de Gallo

3-4 tomatoes

1 jalapeño pepper

4 green onions

12 stalks of cilantro

2 teaspoons chopped garlic

1 fresh squeezed lime

1 pinch salt

Finely chop the tomatoes and peppers. Chop the green onions. In a large bowl, combine vegetables and garlic. Add lime juice and salt. Add in the cilantro to taste and mix the salsa. Mix in the cilantro to taste. Enjoy with freshly baked tortilla chips!

Care

Plants: Water when top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw to keep soil moist.

Harvest & Storage

Peppers should be harvested when their skin is tight. If the skin is wrinkly they have over-ripened.

Bell peppers are mature when they have reached at least the size of a fist.

A green pepper is ready to pick, but if left on the vine longer the pepper will turn orange or red. If you pick green peppers the plant will continue to produce more peppers. If you wait for the peppers to get red, the plant will still produce more peppers, just not as many.

Hot peppers are ready for harvest as they turn yellow or red. Take caution when harvesting hot peppers, as they can irritate the eyes or skin if contact is made.

Store peppers in the refrigerator for a few days.



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