

Do You Know?

How many types /varieties of peppers are available?

•**THREE** types: sweet, mildly hot, and hot. A spiciness scale, invented in 1912 by an American chemist, the Scoville Heat Index, ranks different types of pepper from the mildest to the hottest. The index starts from a 0 and goes to +1,000,000, indicating the level of spice.

1. Sweet Peppers:

Bell - very mild in taste and flavor, Scoville heat

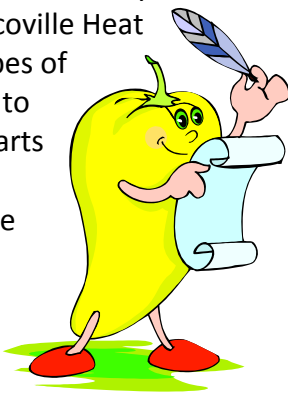
index of zero, red, yellow and orange and are usually eaten as salads.

Pimento aka cherry peppers used for their mildness; score about 500 on the Scoville Heat Index; red and heart shaped, succulent and sweet; more aromatic than other bell peppers. The flesh is used as an olive filling.

2. Mildly Hot Peppers

Jalapeño-the most common in America. Red or green; average 2-3" in length; Scoville heat index +/- 5,000, vary between 2,000 to 8,000.

Anaheim -mostly grown in Calif. and NM. Long and thin and green or maroon. A +/- 5,000 score on the Scoville heat index; also used as a decorative object, stringed together as wall hangings during important festivals and occasions.



3. Hot Peppers

Habanero Chili Pepper - one of the hottest used in food preparation. Scoville heat index range between 150,000 to 350,000; green, yellow, pink, or red; only three cm long.

Serrano Pepper - looks similar to the jalapeño pepper; quite spicy; a range of 10,000-25,000 on the Scoville heat index. They average 2" long and green in color.

Cayenne Pepper:- red in color, and preferred in dried, coarse powder form sprinkled over pizza, and other salty food items. Scores between 25,000 - 50,000 on the Scoville heat index. Due to the many health benefits, it is used as a vital ingredient for natural medicines.

Tabasco Pepper - used to make the Tabasco sauce really hot. just 2" in length and green, red, yellow and orange; a range of 30-60,000 on the Scoville heat index. It is used to spice up curries, gravies and sauces.

Different pepper types are a great way to spice up your meals. Not only can you control the spice level by using different varieties, you can add lots of color to the food as well!

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Sowing the Seeds of Understanding

The Foundation

New York Farm Bureau
Foundation for Agricultural Education, Inc.

Peppers!



The Mission of the
New York Farm Bureau
Foundation for Agricultural Education
is to inform and educate all
New Yorkers regarding agriculture and
to increase understanding between the
farm and non-farm public.

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Do You Know?

PEPPER FACTS!

- Peppers, both hot and sweet, originated in Central and South America. USDA records indicate the first production of commercial bell peppers in 1925 in the southern US
- All peppers provide rich amounts of Vitamin A & C
- Green, sweet bell pepper have 2 times as much Vitamin C as oranges; red & yellow bell peppers have 4 times as much
- Sweet bell peppers can be orange, yellow, red, purple, brown, black, ivory or green, depending on the stage of ripeness and variety
- Green bell peppers are fully developed, but not ripe
- All sweet bell peppers start out green and change color as they ripen
- Pepper plants require slightly higher temperatures, grow more slowly and are smaller than most tomato plants



Growing Peppers

Culture: Well drained, fertile soil with abundant phosphorus and calcium is best.

Most home gardeners purchase started transplants. Plant outside after frost-free date, when the soil is warm and weather is settled. Ideal seedlings should have buds, but no open flowers. Set plants 12 inches apart in rows 24 inches apart. Water in transplants using a high phosphorus solution.

Peppers do well on poly/paper mulch. Cold weather is buffered and earliness increased by using plastic mulch, especially in combination with a lightweight fabric row cover. Remove row covers in sunny weather above 85° to prevent blossom drop and heat damage.

Tips!

- Choose well-shaped, firm and glossy peppers which feel heavy for their size
- Avoid those with soft or wrinkled areas, cracks, slashes or black spots
- The best way to cool your mouth after eating a Chili Pepper is immediate consumption of dairy products like milk, sour cream or ice cream
- The smaller & thinner the Chili Pepper, the hotter it will be



WHAT IS THE BEST WAY TO STORE PEPPERS?

Wrap the peppers in paper bags or paper towels and store in the refrigerator to keep their freshness - up to 5 days for bell peppers and up to 3 weeks for chili peppers.



The *Foundation* has developed tools and resources to “sow the seeds of understanding”. Our programs are available throughout New York State. We invite all who utilize agriculture in the form of food, shelter and clothing to invest in our programs and help us as we work to accomplish our mission. Thank you to Cattaraugus County Farm Bureau for their help with this education brochure.