

PALMETTO PICK OF THE MONTH

Peppers



SOUTH CAROLINA
FARM to SCHOOL



Peppers are a tender, warm season plant that come in a wide range of varieties, sizes and colors. Types are classified into groups depending on how hot or mild the flavor. They can be sweet (Bell, Sweet Banana or Cherry), mild (Ancho, Ortega), spicy (Jalapeño, Red Chili), and very spicy (Ghost, Carolina Reaper). The colors include green, red, orange, yellow, purple, white, and even brown.

PREPARING

Peppers should be firm when harvested or purchased. They should be stored dry in the vegetable drawer of the refrigerator at 45 to 50° F. Any moisture on the pepper when stored will cause it to rot. If stored properly, peppers can last up to two or three weeks.

HEALTH BENEFITS

All varieties are low in calories and are a great source of vitamins A & C, potassium, folic acid, and fiber.

GROWING PEPPERS

Sun Exposure: Full Sun

Soil Type : Loose, well-drained and high in organic matter

Soil pH: Slightly Acidic

This crop prefers a long, warm growing season and requires a well prepared, loose, slightly acidic soil with a high organic matter content. In the garden, peppers need to be spaced 12 to 24 inches apart depending on the variety. Staking the plant is also needed and will help protect the plant through growth as well as when the plants become heavy with fruit. Peppers can be planted in containers, but for best results, the container should be 24 inches in diameter for large varieties. Mulching is also very important when growing peppers. Applying mulch will help conserve water, reduce weeds, and provide even watering which is critical during fruit set and development.

Books

Green Is a Chile Pepper: A Book of Colors

by Roseanne Greenfield Thong

Eating the Alphabet: Fruits and Vegetables from A to Z

by Louis Ehlert



For more information about other fruits and vegetables available in South Carolina each month, please visit

CERTIFIEDSCGROWN.COM

PALMETTO PICK OF THE MONTH SNACK



Make a fun snack for younger kids by filling bell peppers with your favorite healthy dip (i.e. hummus) to create a “Pepper Monster”. Use a little bit of the dip and a black olive slice for the eyes. Get creative, have fun, and enjoy!

