Pepper

(Capsicum annuum)

Recommended Varieties	Disease Resistance
Hot	
Tam Mild Jalapeno (mild heat with Jalapeno flavor)	PVY
Jalapeno M (very hot)	
Anaheim TMR 23 (chili pepper, moderately hot)	TMV
Anaheim (standard hot chill)	
Cayenne Long Red Slim (hot)	
Hungarian Yellow Wax (popular for canning, moderately hot)	
Serrano Chili Pepper (tabasco type)	
Sweet Bell	
Bell Boy	AAS, TMV
California Wonder	TMV
Yolo Wonder	TMV
Keystone Resistant Giant	TMV
Jupiter	TMV
Golden Summer Hybrid (yellow when fully mature)	TMV
Golden Bell (yellow when fully mature)	
Early Pimento (used fresh or for canning)	AAS
Sweet Yellow or Cubanelle	
Sweet Banana	AAS
Gypsy	AAS, TMV
Hy-Fry	
Cubanene	

There are two types of peppers: the large-fruited, mild-flavored bell types, preferred by most gardeners; and the hot varieties, which may be used green. The mild peppers include Bell, Banana, Pimiento and Sweet Cherry, while the hot peppers include Cayenne, Celestial, Large Cherry, Serrano, Tabasco, and Jalapeno. Hot peppers are usually allowed to ripen fully and change colors (except for Jalapenos) and have smaller, longer, thinner and more tapering fruits than sweet peppers. Yields are smaller for hot peppers.

Bell peppers, measuring 3 in wide by 4 in long, usually have 3 to 4 lobes and a blocky appearance. They are commonly harvested when green, yet turn red or yellow when fully ripe. About 200 varieties are available. Banana peppers are long and tapering and harvested when yellow, orange or red. Another sweet pepper, Pimiento, has conical, 2 to 3-in wide by 4-in long, thick-walled fruit

Most Pimientos are used when red and fully ripe. Cherry peppers vary in size and flavor. They are harvested orange to deep red.

Slim, pointed, slightly twisted fruits characterize the hot Cayenne pepper group. They can be harvested either when green or red and- include varieties such as Anaheim, Cayenne, Serrano and Jalapeno. Celestial peppers are cone-shaped, 3/4 to 2 in long and very hot. They vary in color from yellow to red to purple, making them an attractive 'plant to grow. Slender, pointed Tabasco peppers, one to 3 in, taste extremely hot and include such varieties as Chili Piquin and Small Red Chili.

The cultural and climatic requirements for both types of peppers are the same as those recommended for tomatoes. You can start peppers in a hotbed or coldframe for transplanting or you can buy small plants from the nursery and set them out in the garden.

Peppers generally have a long growing season but grow slowly during cool periods. After the soil has thoroughly warmed in the spring, you can set out 6- to 8-wk old transplants to get a head start toward harvest. Practice good cultivation and provide adequate moisture. Mulching can help to conserve water and reduce weeds.

Harvest fruits of mild peppers when they are green or red-ripe. When allowed to mature on the plant, most varieties turn red and sweeter and increase in vitamin A and C content. Cut, instead of putting, to avoid breaking branches. Hot peppers that you plan to dry are allowed to ripen on the plant. Hot peppers turn red when ripe; they may then be cut with 1 inch of stem attached, strung on a thread, and hung in a sunny place until dry and brittle. Use a sharp knife for cutting, as the stems are tough.

Nutritional Value of Green Bell Peppers

Serving size:	1/2 c. chopped, raw
Calories	14
Fat	0.1 g
Calories from fat	6%
Cholesterol	0
Sodium	1 mg
Protein	0.4 g
Carbohydrate	3.2 g
Dietary Fiber	0.8 g

Primary Nutrients		%RDA(m)	%RDA(f)
Vitamin C	45 mg	75	75
Folic Acid	11 mcg	5.5	6
Vitamin B6	0.12 mg	6	7.5

The profile for red bell pepper is similar to the profile for green bell peppers regarding calories, fat content, fiber, sodium, protein and carbohydrate. However, red bell peppers have double the vitamin C content (95 mg -- 158%RDA) and, in addition, a 1/2 cup serving supplies about 30% of the RDA for Vitamin A.

Nutritional Value of Green Bell Peppers

Serving size:	1 pepper, raw (45g)	Primary Nutrients		%RDA(m/f)
Calories	18	Vitamin C	109 mg	182
Fat	0.1 g			
Calories from fat	5			
Cholesterol	0			
Sodium	3 mg			
Protein	0.9 g			% Min. Requirement
Carbohydrate	4.3 g	Potassium	153 mg	7.7

Problem Diagnosis for Pepper

What the Problem Looks Like	Probable Cause	Comments
Deformed, curled leaves. Plants are stunted. Small, soft-bodied insects on undersides of leaves. Sticky honeydew or black, sooty mold may be present.	Aphids	Use insecticidal soap.
Buds or fruits turn yellow. Buds or young pods may drop from plant. Pods have holes, become misshapen, develop blotches.	Pepper weevil. Adults are dark beetles 1/8 inch long. Larvae are white, legless, found inside fruit	Destroy plants as soon as harvest is over to reduce problem next year. Destroy nightshade plants, an alternate host.
Small leaves with irregular mottle	Mosaic viruses	Use TMV-resistant varieties.
Dark-colored dieback from growing tip. Pods may have orange, yellow rings	Spotted wilt virus Spread by thrips	Control weeds, which are host of virus and vector.
Plants do not grow. Blossoms drop off. Fruit does not develop	Climate too cool or Wrong variety	Wait for warmer weather Use recommended varieties

Problem Diagnosis for Pepper (continued)

What the Problem Looks Like	Probable Cause	Comments
Plants wilt and die. Brown streaks inside root and lower stem, visible when stem is split lengthwise.	Verticillium wilt Caused by soilborne fungus	Avoid planting in soil previously planted to potato, tomato, or cucurbits.
Leaves roll downward. No stunting. No yellowing of new leaves	Physiological leaf roll Not caused by pathogen	No action needed
Small holes in leaves. On lower leaves more than top ones	Flea beetle Tiny black beetles that jump.	
While, frothy foam on stems Insects visible beneath foam	Spittle bugs Green insects	Tolerate. Not a cause of significant damage.
Leaves wilt, turn yellow, then brown. Tiny while flies flutter when plant disturbed	Whiteflies .	
Normal-colored fruit, but small, flattened in shape. Few to no seeds inside	Poor or incomplete Pollination.	Plant in full sunlight. Tap flowers in midday to aid pollination.
Peppers with worm visible Holes where worm entered.	Corn earworm Omnivorous leafroller	
Large, sunken, watersoaked spot develops on blossom end of fruit; spot turns black and mold may develop	Blossom end rot which can be caused by uneven moisture supply	Give uniform irrigation Supply water during dry periods. Mulch.