



Know What You Grow!



Bell Peppers

Scientific Name: *Capsicum annuum*

Peppers are technically a fruit because they have seeds.

Recommended Varieties:

- Orange Gilboa & Red Yardenne
- Crimson, Gold & Orange
- California Wonder (TMV)
- Golden Summer

Common Pest(s):

Aphids, pepper weevil, white flies, see the IPM link below for a list of more pests.

[Renee's Garden](#)

Photos: Creative Commons

Master Gardener Handbook

Growing Information

Warm Season Plant

Optimum growing temperatures are daytime temperatures below 90° F and nighttime temperatures above 60° F. If grown indoors from seed do not plant outside until nighttime reach at least 55° F.

Ideal Planting Window

Inland Valley – May

Desert – March

Growing Guidance

Pepper plants should be placed in rich well-draining soil 18 to 24 apart. They'll enjoy being planted near your tomato plants.

Ready to pick in late summer, pepper fruits start out green and ripen up to rich red, orange or golden yellow, depending upon variety.



Interesting Facts

Peppers are the fruits of many different garden plants. They are eaten as vegetables and used to flavor foods. Garden peppers come from plants of the nightshade family, which also includes [tomatoes](#), [potatoes](#), and eggplant. The spice called black pepper comes from an unrelated plant.

Peppers are grown widely in the tropical parts of Asia and Central and South America. The first Europeans to visit the Americas carried pepper seeds back to Spain in 1493. From there the plants spread quickly throughout Europe.

Pepper plants reach 2 to 4 feet in height. The fruits differ in size, shape, and taste. When ripe, peppers range in color from yellow to deep red and purple.

Peppers can be mild or hot. Mild peppers are usually large. Bell, or sweet, peppers are mild peppers that are bell-shaped, wrinkled, and puffy. They are often used in salads and in cooked dishes. Bell peppers are rich in vitamins A and C. Paprika is a mild pepper that is usually made into a powder and used as a spice.

Hot peppers include tabasco, chili, and cayenne peppers. These peppers contain a substance called capsaicin, which gives them a strong, burning taste.

[Kids Britannica](#)

Contact Information



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Nutritional Information

Nutritional Value

3.5 ounces of raw Bell Pepper contain: Calories: 31, Water: 92%, Protein: 1 gram, Carbs: 6 grams, Sugar: 4.2 grams, Fiber: 2.1 grams, Fat: 0.3 grams.

Bell peppers are very high in vitamin C, with a single one providing up to 169% of the RDI. Other vitamins and minerals in bell peppers include vitamin K1, E, A, folate and potassium.

[Healthline](#)

Recipe: Bell Pepper Pizza



Ingredients:

- 1 large bell pepper
- ½ cup pizza or spaghetti sauce
- ¼ cup grated cheese
- a pinch of red pepper flakes
- a pinch of basil or parsley, or any other topping!

Prepare:

Pre-heat oven or toaster oven to 350° F. Slice off each of the four sides of your pepper and lay flat on a baking sheet. Top with sauce, then cheese followed by any veggies you have in your refrigerator, tomato, mushrooms, broccoli, etc. Bake for 10 minutes, then raising the oven to broil towards the end to make the cheese nice and bubbly. Add basil or parsley and pepper flakes if desired.

[Peas and Crayons](#)