

Guide to Growing Hot Peppers



Profile and Nutrition Facts

Hot peppers are particular varieties of peppers that range in the level of spiciness, floral qualities, and fruitiness. The level of heat is ranked on the Scoville scale with 0 being a bell pepper and a cayenne pepper being 30,000-50,000 units. Different varieties of hot peppers include jalapenos, poblanos, thai, and habanero peppers.

They contain high amounts of Vitamin C, Vitamin B6, and fiber.

Planting guide

Hot peppers are typically planted indoors as seeds and are transplanted as seedlings. When planting, make sure the temperature is consistently above 50 F and in a sunny spot. The spacing between peppers is determined by the variety of pepper. If companion planting, they do well next to cabbage and corn.

How to maintain

Hot peppers thrive in warm weather in both humid and dry environments. The soil should be slightly dry and they should receive about 1 inch of water per week. Depending on the variety of peppers, a stake may be needed to keep the pepper standing upright. Aphids and thrips are common pests to prevent them, spray neem oil on the plant.

How to harvest

Harvesting hot peppers can begin 55-80 days after planting seedlings. They're ready to harvest when they have reached the desired size/color. To harvest, cut the pepper close to the stem. It's best to harvest regularly so that the plant can continually produce peppers.



How to enjoy bush beans

Hot peppers can be added to any dish to add both heat and flavor. It's great in sauces, salsa, soups, chilis, or curry. When handling hot peppers, wear gloves or wash your hands thoroughly after handling or cutting peppers. The peppers contain oils that can be irritating when in contact with eyes and skin.