EHT-127 07/20

Peppers

Peppers are a warm-season crop that will grow in most Texas areas. Red and green peppers are good sources of Vitamin C, limited amounts of Vitamin A, and small amounts of several minerals. Red peppers have more Vitamin A than do green peppers. Peppers are good raw or cooked. Eat them as a snack, use them to decorate food, or add them to salads and casseroles. You can also stuff peppers with seasoned breadcrumbs or meat and bake them.



Varieties

 Big Bertha bell pepper, Grande jalapeño, TAMU mild jalapeño, and Hidalgo serrano.

Soil Preparation

 Mix compost into the top 4 to 6 inches of soil or incorporate it into the planting container along with one cup of 15-5-10 or 2-3 cups of organic fertilizer per 10 feet of row.

Planting

- Buy healthy transplants that are 4 to 6 inches tall.
- About three to four hot pepper plants and eight to ten sweet pepper plants should be enough for a family of four.
- Do not cover the roots deeper than the original soil ball.

Fertilizing

- After the first fruit begins to enlarge, place 2 teaspoons of 15-5-10 fertilizer or ½ to ½ cup of organic fertilizer around each plant about 6 inches from the stem.
- Water the plant after adding the fertilizer. This will increase the yield and the quality of the peppers.

Watering

- Water the plants enough to keep them from wilting, which reduces yield and the quality of the fruit.
- Slow, deep watering helps the root system grow strong.

Care During the Season

Pull by hand any weeds that are close to the plants.

Harvesting

- If you pick the peppers when they are full size but still green, the yields will be greater. If you allow them to turn red, the Vitamin A will be higher.
- The first peppers should be ready 8 to 10 weeks after transplanting.

Insects & Diseases

 If something does not look right with your plant, contact your county Extension agent for more information.

Storing & Serving

 Store peppers in the vegetable crisper of the refrigerator or use other covered containers. Use them within 3 to 5 days after harvesting.



















- Choose firm, brightly colored peppers with tight skin that are heavy for their size.
- Avoid dull, shriveled, or pitted peppers.



Refrigerate bell peppers in a plastic bag for use within 5 days.



Beefy Vegetable Stuffed Peppers

Course: Main Dish

Serves: 4

Ingredients

1 lb extra-lean ground beef Black pepper ½ tsp salt ½ tsp oregano 1 small onion, minced

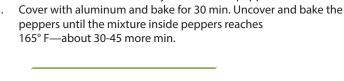
½ cup quick cooking oatmeal 1 medium-sized zucchini, coarsely grated

1 egg, lightly beaten

- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 3 medium-sized bell peppers, cut in half lengthwise, cored
- 2 (14.5 ounce) cans no-saltadded diced tomatoes, juice reserved

Instructions

- Preheat oven to 350° F.
- In a large bowl, combine the beef, salt, pepper, oregano, onion, oatmeal, zucchini, egg, and spinach. Mix until well combined.
- Arrange the pepper halves, cut side up, in a 9x13 baking dish and fill each pepper halfway with the meat mixture.
- Pour the tomatoes and their juices over the peppers.
- peppers until the mixture inside peppers reaches 165° F—about 30-45 more min.



Sautéed Green Pepper Course: Side Dish, Vegetables Serves: 4

Ingredients

2 medium-sized green bell peppers

2 tsp olive oil

Instructions

- 1. Cut peppers into strips.
- Sauté in olive oil in a non-stick skillet until crisp-tender.

Recipes provided by Dinner Tonight. For nutritional information: https://dinnertonight.tamu.edu/recipe/beefy-vegetable-stuffed-peppers/

https://dinnertonight.tamu.edu/recipe/sauteed-green-pepper/

Learn about it

- Hot and sweet varieties of peppers originally came from Central and South America before being introduced into Europe in the 16th century.
- Peppers are free of fat, saturated fat, and cholesterol.
- They are low in sodium and calories but high in Vitamin C.

Information gathered by Aggie Horticulture



