

## Peppers (and Hot Peppers)

Also known as Bell peppers, sweet peppers are available in green, red, yellow and orange. Bell peppers are packed with several nutrients. They are a good source of vitamin C, thiamine, vitamin B6, beta carotene, and folic acid.



### TIPS

**Short-term Storage:** In perforated plastic in the refrigerator, will last for up to a week. On your counter, will last for a few days.

**Long-term Storage:** Freeze chopped and raw. Put into canning recipes.

**General Cooking Info:** Eat it raw, cooked, grilled, baked, the possibilities are endless.

**Growing info:** Much the same requirements as tomatoes. We are always trying new varieties to see which ones do the best in our climate and growing conditions. We pick a lot of green peppers early on to lighten up the load on the plants as the stems are very brittle and snap easily under pressure.

**Common Problems:** Last year we saw a lot of blossom end rot in our peppers and tomatoes. We think it was heat and drought stress causing calcium immobilization. The tips of the fruit would get lesions that would eventually grow to rot out the entire fruit. The problem went away after the weather cooled off little and moisture came back again. Sun scald is also a problem we face. Some varieties grow enough leaves to shade out the fruit, but some don't. Sun Scald shows up as white spots on the skin that are prone to rotting. If you find any of these spots, just cut them out and use the rest of the fruit. We'll try planting peppers in the shade of tomato vines or other tall crops this year to see if that helps with sunscald.



Sweet Peppers you'll find in your share clockwise from left: Banana, Carmen, Zavory, Green Bell, Yummy Snack Pepper, Valencia, Chocolate



Ancho



Cayenne



Jalapeno



Hungarian hot wax



Padron

Some of the Hot Peppers we grow

### **Roasted Pickled Sweet Peppers**

3 to 4 red peppers, quartered and seeded  
 1 cup white distilled vinegar  
 3/4 cup sugar  
 3/4 cup water  
 1/2 teaspoon pickling spices

1. Preheat a broiler. Broil the peppers for 7 to 9 minutes, until the skin has blistered and peppers are cooked.

2. Place in a paper or plastic bag and seal immediately. Let stand for 15 minutes, or until cool enough to handle. Peel peppers, discard skins.

3. In a medium, non-reactive saucepan, bring the vinegar, sugar, water, and pickling spices to a boil.

4. Place the peeled peppers in a sterilized, canning jar. Pour hot mixture over peppers, and process for 10 minutes in a boiling water bath.

*from Food Network*

### **Chicken in Sweet Pepper Sauce**

2 (6 ounce) skinless, boneless chicken breast halves  
 3 tablespoons all-purpose flour  
 1/4 teaspoon salt  
 1/4 teaspoon pepper  
 1 tablespoon butter  
 1/3 cup chicken broth  
 1/3 cup white wine, or additional chicken broth  
 1/4 cup chopped sweet yellow pepper  
 1/4 cup diced tomatoes  
 1 tablespoon minced fresh cilantro

1. Flatten chicken to 1/4-in. thickness. In a large resealable plastic bag, combine the flour, salt and pepper; add chicken and shake to coat. In a large skillet, brown chicken in butter on both sides. Stir in the broth, wine or additional broth and yellow pepper. Bring to a boil; cook for 5 minutes or until liquid is reduced by half. Stir in the tomato and cilantro.

*from Allrecipes.com*

### **Stuffed Peppers**

4 large red bell peppers  
 1 cup uncooked rice  
 1/2 cup finely chopped onion  
 2 tablespoon butter  
 3/4 cup water  
 8 ounces shredded mild Cheddar cheese  
 salt and pepper  
 2 teaspoons dried parsley flakes or 2 tablespoons fresh chopped parsley

Cut peppers lengthwise into halves and remove seeds and membranes. Place peppers in a large saucepan of boiling water; cook for about 5 minutes. Drain, reserve liquid. Cook rice according to package directions. In a skillet, cook onions in butter. Add water and cheese; stir until melted and blended. Stir in rice; season with salt and pepper to taste. Add parsley. Fill pepper halves. Put on a rack in skillet or large kettle with about 1 1/2 cups of cooking liquid in the bottom of the pan. Cover and simmer for about 15 minutes.

### **Hot Pepper Jelly**

3 jalapeno peppers (get rid of the seeds!)

4 medium bell peppers (get rid of the seeds!)

1 cup of vinegar

5 cups of sugar

3 oz. jar of pectin

Process the peppers and vinegar. Add the sugar and boil for 10 minutes. Remove from heat, add pectin and boil for 1 more minute.

Fill jelly jars. Can according to normal canning instructions.

### **Hot Pepper Sauce**

Ingredients:

- 1 1/2 cups vinegar
- 6 chile peppers (at least one cayenne, a variety tastes best) minced
- 6 oz can tomato paste
- 1 tablespoon minced garlic
- 1 teaspoon black pepper
- 1 teaspoon lemon juice
- Olive oil

Saute your peppers and garlic in about a tablespoon of olive oil.

Stir in the tomato paste and half the vinegar.

Bring to boil and add the rest.

Tips--chipotle peppers are fabulous with this (they are my favorite)

to use habs--puree in blender (small amount of water)and strain. Use resulting liquid unless you reall enjoy heat.

If you use more than one habenero you can reduce vinegar by amount of liquid added.

*from Southernfood.about.com*

### **Stuffed Hot Peppers**

1/3 cup ground Italian sausage

1 (8 ounce) package cream cheese, softened

3/4 tablespoon garlic salt

3 tablespoons grated

Romano cheese

1 teaspoon dried oregano

1 teaspoon dried basil

1/3 cup Italian-style dry bread crumbs

1 tablespoon olive oil

6 Hungarian hot peppers, cored and seeded

1.Place sausage in a large, deep skillet. Cook over medium high heat until evenly

brown. Drain, crumble and set aside.

2.Preheat oven to 350 degrees F (175 degrees C).

3.In a medium bowl, mix together the sausage, cream cheese, garlic salt, Romano cheese, oregano, basil, bread crumbs and olive oil.

4.Stuff the peppers with the sausage mixture. Place on a baking sheet, and bake in the preheated oven 20 to 25 minutes, until the stuffing is lightly brown and bubbly.

*from Allrecipes.com*