



SNAP-Ed

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Growing in Washington Peppers



Quick Garden Tips

- 1 There are many types of peppers. You can choose from a wide variety of shapes, sizes, colors and flavors.
- 2 Peppers should be planted outside as small plants in late May or early June or when the soil temperature is at least 55 degrees F, and nighttime temperatures are at least 50 degrees F.
- 3 Give plants plenty of room. Space pepper plants 18 to 24 inches apart.
- 4 Add an all-purpose fertilizer in the bottom of the planting hole at planting time. Fertilize again around the plant when the first blossoms or tiny peppers appear. Follow directions on the fertilizer container.
- 5 Taller pepper plants require support. Use stakes, a trellis or a cage.



Season and Location

☀ Peppers need at least 6 hours of direct sunlight daily.



☀ Pepper plants can be protected from cold and wind in the early season by growing them in a structure such as a cold frame or a mini-greenhouse. Some household items can provide protection—https://foodhero.org/sites/foodhero-prod/files/gardening-tip-sheets/Upcycling_042021.pdf.

Container Gardening

☀ Peppers grow well in containers. Put one plant in a container about 12 inches across and at least 12 inches deep.

☀ Choose a container with holes at the bottom so extra water can drain away. Check the soil each day. When dry, add water until it runs out the drain holes.

Key Pests and Diseases

Aphids: Hose off with water.

Blossom end rot: Keep soil moisture even and cover the soil with straw or bark mulch.



Not to scale

Washington Gardening Calendar for Peppers

Seedling



Transplant



Harvest



Adapted from WSU Extension Publication EM0575E.

Recommended Types to Grow

Choose a type that suits your taste!

Bell

Ace
Flavorburst
Hershey
Islander
King Crimson
Nikita
Olympus
Purple Beauty

Hungarian Wax

Hungarian Hot
Wax

Italian

Bella Italia
Carmen
Cornito Rosso
Stocky Red
Roaster

Anaheim

Highlander

Mini-Bell

Petit Marseillais

Habanero

Hot Paper Lantern

Thai Chile

Bangkok
Kilian

Hot Round

Capperino



When and How to Harvest

- ✿ Harvest when the peppers are plump (not wrinkled). Most hot peppers are ready to harvest when they turn red. Harvest jalapenos when they are dark green.
- ✿ To harvest, hold the pepper in your hand. Cut the stem from the plant with clippers or scissors to avoid hurting the plant. Wear gloves when handling hot peppers. Avoid touching your face.

Storage and Cooking

- ✿ Peppers can be eaten raw or cooked. They can add flavor to sauces, salsa, soup, stew, stir-fries and pasta.
- ✿ Whole peppers can be stored in the refrigerator for 4 to 14 days.
- ✿ For longer storage, peppers can be frozen, pickled, canned or dried.



Sautéed Peppers

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Makes: 4 cups

Ingredients

- 1 Tablespoon **vegetable oil**
- 2 **bell peppers**, cut into long strips (green, red or yellow—try a mix)
- 1 medium **onion**, sliced or chopped
- ¼ teaspoon **salt**
- ¼ teaspoon **pepper**

Directions

1. Wash hands with soap and water.
2. Heat oil in a large skillet over medium heat. Add peppers and onion and sprinkle with salt and pepper.
3. Stir a few times while cooking, until onion is clear and peppers are tender, about 8 to 10 minutes.
4. Refrigerate leftovers within 2 hours.



Note: Serve as a side dish; add to sandwiches, tacos, fajitas or wraps; add to cooked pasta or rice bowls.