



# Pepper

## Planting from Seed

**When to start seeds indoors:** 6 weeks before spring frost date

**Earliest date to transplant hardened off seedlings:**

2 weeks after spring frost date

**Days of Germination:** 7-10 days (in optimal conditions)

## Planting in the Garden

**Recommended garden type and method:** Transplant to field grown, hoop house, raised beds, container, straw bale.

**Spacing:** 12" – 18" apart, rows 24"- 36" apart

**Companion plants:** carrots, basil, onions

## Harvesting

1 seed = 1 plant = 4 to 50 peppers, depending on variety

**Days to Harvest:** 60-90 days for sweet peppers, up to 100 days for hot peppers

**Directions:** Harvest peppers when size and color meet variety expectations and peppers remain firm and plump. Cut or break peppers off at stem; do not tear branches. Harvest when temperatures are cool, room cool to 45' - 50' within 2 hours. Store unblemished peppers partially ventilated.

## Use in the Kitchen

**Vegetable subgroup:** Other (green, yellow), Red/orange (red, orange)

**Preparation:** Wash, cut in half lengthwise, remove the core, slice into strips or dice

**Menu Planning Ideas:** Sauté with onions, serve with tacos, salad, in sandwiches

**Suggested Flavor Enhancers:** Cumin, chili powder, garlic



## The Lifecycle of Farm to School

This institution is an equal opportunity provider.