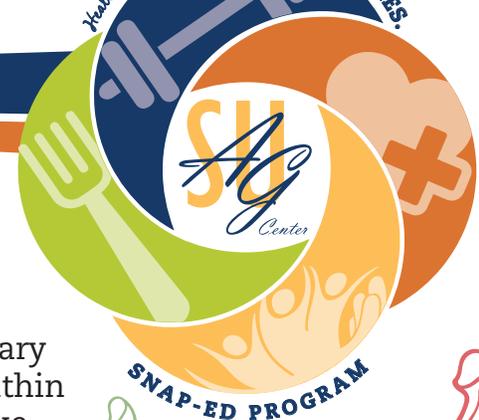


Hot Peppers!

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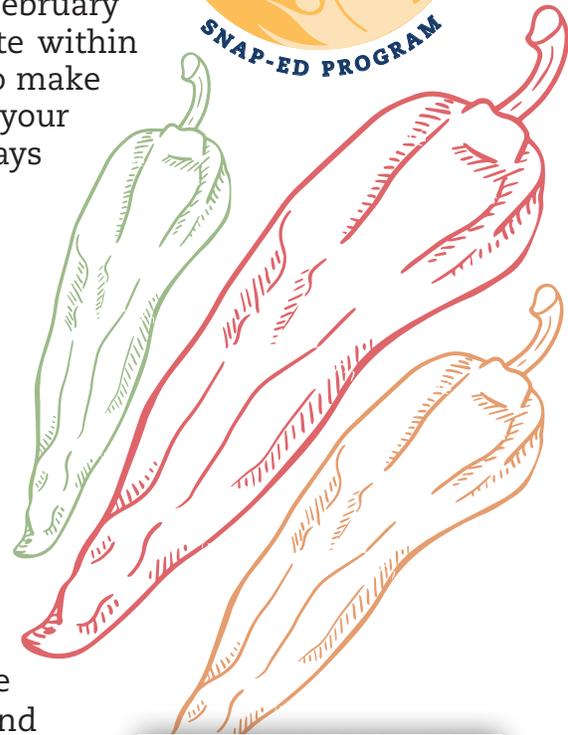


Hot peppers are a staple in Louisiana foods and are used worldwide. There are so many options when choosing to grow hot peppers, while it's estimated that there are over 50,000 different types of peppers in the world, here we will only explore a few.

Pepper seeds can be started indoors in a heated area around mid February (around Mardi Gras for Louisianans). Most pepper seeds germinate within 7-21 days. It's good to keep them warm at a consistent 80-90°F to make sure the seeds sprout. It's important to date when you plant your seeds. If they are supposed to germinate, or sprout, within 10 days and they don't, you may need to start with fresh seeds.

The pepper plants can be planted outdoors once the threat of frost has passed, early or mid April for Louisiana.

Lets explore some different types of chili peppers and the differences in heat levels.



ANAHEIM PEPPERS

These not-so-fiery peppers are a mild chile that boasts a ton of flavor without the raw burn that comes with other chilis. They're delicious fresh, charred over an open flame, or roasted in the oven. The peppers are typically green, and large enough that they can be stuffed.



POBLANO PEPPERS

Poblanos are large, mild peppers that originate from Puebla, Mexico. When dried, they're referred to as ancho chilis (which is Spanish for wide, in reference to the pepper's bulbous form). Though the pepper lacks heat, especially when green and less ripe, some poblanos (particularly ripened red ones) have been known to pack a surprisingly spicy punch.

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 20	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 1g	
Vitamin A	7% + Vitamin C 134%
Calcium	1% + Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Developed by Stephanie Elwood, SUAREC Extension Associate | Resources: Image and descriptions courtesy of Johnny's Seeds

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Hot Peppers! (continued)



JALAPEÑO

Jalapeños are great with nachos, guacamole, salsas, and pizza. Pickle them, slice them fresh in your banh mi, or toss slivers of them in your salads. When smoked, they take on a new identity as a chipotle pepper. Though jalapeños range in heat – some varieties are mild and others rank much higher on the scoville unit – they tend not to be face-meltingly spicy. A trick to reduce heat in sauces and salsa that call for jalapeños is to remove the seeds and membrane and use only the flesh.



CAYENNE

When fresh and in their whole form – are usually skinny, elongated, and red, with moderate heat. That being said, you'll most commonly find cayenne as a dried powder. The pepper works well in nearly every dish.



TABASCO

Tabasco sauce is made from these peppers and made right here in Louisiana. It's the perfect addition to scrambled eggs, hash browns, and fried chicken. The peppers

are named after the Mexican state of Tabasco where they grow in abundance and are used in local cooking. The pepper changes color with maturity, and are bright red at its peak ripeness. It's also one of few peppers that can actually be described as "juicy."

HABANERO

In 1999, the habanero was considered the world's hottest chili. Though that's no longer the case, the small orange peppers (which occasionally come in red, yellow, brown, and green variants) still pack a wallop punch. The habanero originates from the Amazon and has made its way across the Americas and Asia, where it is used in salsas, sauces, and any dish requiring some heat.



CAROLINA REAPER

According to the Guinness World Records, the Carolina Reaper holds the title for the world's hottest pepper, today. The Carolina Reaper is stout and scarlet red, with a wrinkled, curved tail that gave it the name "reaper." It's the product of breeding ultra hot peppers together and chasing after a tongue-numbing, potentially headache-inducing chili. BEWARE!



Resources: Image and descriptions courtesy of Johnny's Seed



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