



We are growing a whole bunch of different peppers!  
Here's a guide to help you tell which is which.



### 1 Poblano Pepper

While poblano peppers are usually mildly hot, they sometimes can be unpredictably hotter. They are widely used in Mexican cooking, such as chile relleno. They are often roasted and peeled; after that, they may be frozen. When dried, they become ancho chiles.

### 2 "Yummy" Peppers

"Yummy" or "snack" peppers are beautiful, mini-sized multicolored peppers. They are remarkably sweet and flavorful. They are delicious sautéed, as an addition to salads and, of course, perfect for a healthy snack.

### 3 Bell Peppers

Bell peppers are the largest of the peppers and have no heat at all. Red bell peppers are simply green bell peppers that have been allowed to ripen fully.

### 4 Flavorburst Peppers

Initial color is lime green, turning to yellow, and then to yellowish orange when ripe. Excellent, sweet flavor. Medium-large fruits are mostly 3-lobed and slightly elongated.



### 5 Jalapeno

One of the most popular hot peppers in the United States, the bullet-shaped jalapeño (2,500 -5,000 Scoville units) provides more vitamin A than any other food plant. Jalapenos may be added to a variety of dishes for a mild heat. If you want to control the heat, remove some or all of their seeds, which have the most heat. They can be served fresh, cooked or pickled.

### 6 Sweet Banana/Hungarian Wax Pepper

These two peppers are almost identical once they are off the plant, so taste before adding to recipes! **Banana peppers** are yellow peppers that have a mild, tangy taste. **Hungarian wax peppers** are chili peppers with a wide range of heat. One week's crop can be much hotter than the next. Both can be stuffed, cut up in salads, and pickled.

### 7 Caldo (Caldero) Peppers

The glossy, smooth fruit looks like a Jalapeno with a slight cone-shape and matures from ivory through yellow to an apricot-orange color. Very hot, uniform, and an extra-heavy set. Basically a very hot pepper that looks like a Yellow Jalapeno.

### Pepper Tips:

- Refrigerate peppers unwashed in a hydrator drawer for 1-2 weeks.
- Peppers may be frozen. Wash and dry, then cut up and place in an airtight container or zip-top freezer bag. They will soften when thawed -- use in soups or casseroles.
- For greatest nutrient retention, eat peppers raw.
- Use rubber or latex gloves when handling hot peppers. Do not touch your eyes, nose or mouth. Wash hands thoroughly when finished.

## SCOVILLE CHILE HEAT CHART

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### SCOVILLE HEAT UNITS

15,000,000  
2,000,000-5,300,000  
1,000,000  
577,000  
200,000-350,000  
100,000-250,000  
30,000-50,000  
15,000-30,000  
12,000-30,000  
8,000-23,000  
5,000-8,000  
3,500-8,000  
2,500-4,000  
1,500-2,500  
1,000-2,500  
1,000-2,000  
500-2,000  
500-1,500  
500-1,000  
500-750  
0

### TYPES OF PEPPERS

Pure Capsaicin  
U.S. Grade Pepper Spray  
Bhut Jolokia  
Red Savina  
Habanero  
Chiltepin  
Cayenne  
Arbol  
Manzano  
Serrano  
Yellow Hot  
Jalepeño Pepper  
Guajillo  
Chilaca  
Pasilla  
Pablano  
Anaheim  
Chile Verde  
Yellow Genetics  
Red Chile  
Sweet Bells

