



PEPPERS

SUMMER

FALL



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Peppers are usually grown from transplants and come in many varieties of varying heat levels. Plant transplants 18 to 24 inches (in.) apart in the spring when night temperatures are above 50 degrees Fahrenheit. You may plant transplants again in mid-August for a fall crop! Harvest peppers produced from transplants after 70 to 85 days.



PREP

Wash peppers with cool water. Remove the stem and cut into desired sized pieces. You may remove seeds depending on your preference of spice level. Avoid touching your face and eyes while handling peppers! Prepare peppers raw, grilled, oven-roasted, stir-fried, sautéed, or as an added ingredient.



EAT

Start your day with peppers in an omelet or other egg-based breakfast! Snack on raw peppers with your favorite vegetable dip. Dip a tortilla chip in a bowl of salsa made with peppers! Savor a bowl of jambalaya or gumbo made with peppers. Turn up the heat in your favorite dishes, like stir-fry, by adding peppers!



LEARN

Peppers are native to Central and South America. Peppers are **vegetables** that range in color from red to purple. Peppers are low in calories and high in nutrition making them a great addition to any meal. The Carolina Reaper is the hottest pepper in the world and is 200 times hotter than a jalapeño!

