

# **PEPPERS**

## **HISTORY**

*Capsicum* is a genus of plants from the nightshade family. The plant originated in Central America and Mexico. Fragments of peppers were found in Peruvian ruins believed to be more than 2,000 years old. Christopher Columbus “discovered” this plant on his famous voyage and brought it home to Spain. Because of the hot, fiery form, the Spaniards thought it was a type of pepper. It is unrelated to the true pepper (*Piper nigrum*) where we get our common black pepper. Because of the importance of spices in commerce at the time, it was claimed to be pepper. Now, the pepper plant, with more than 75 genera and more than 2,000 species can be found worldwide in many different climates. It is ironic that even though the pepper was discovered in South America, it didn't become popular in the United States until about 200 years ago.

Green Peppers, especially stuffed Green Peppers, were known as ‘Mangos’ in many areas. ‘Mango’ was also the term sometimes used for cantaloupe in many old cookbooks. Usage of ‘mango’ for green peppers seems to have originated with coal miners in eastern Pennsylvania (1870s +) and spread with the mining industries. Seeds moved with mining families as they migrated to new areas and found new jobs. Why the word ‘mango’ for green peppers? Many of these coal miners were of Eastern European origin, and it has been suggested that the word may have a Slovak origin. Also, in many old cookbooks, ‘mango’ would sometimes be used to refer to a pickle, especially of melons or cucumber (resembling pickled green mango?).

## **THE VEGETABLE**

The sweet pepper, *Capsicum* sp. is not hot. They contain a recessive gene that eliminates the capsaicin, a compound that is responsible for the heat found in the hot varieties. They usually range in size from 2 to 5 inches in diameter and 2 to 6 inches in length. They can be slender, banana shaped or bell-shaped with three or four lobes. Some shapes seem to be combination of these general categories.

The fruit is classified as a berry. Green is an immature fruit, and will ripen to the color determined by the specific cultivar. The most common colors are red, orange and yellow. There are also varieties of purple and white that don't have a green stage!

## **FOR YOUR HEALTH**

Sweet peppers have been listed as one of the world's healthiest foods. Through its concentration of carotenoids such as beta-carotene, they are believed to be a powerful source of antioxidants. They also contain Vitamin B6 and folic acid. These two B vitamins are important for reducing high levels of homocysteine, which may decrease the risk of heart attack and stroke. They are also a good source of fiber, which can help lower cholesterol levels; another risk factor for heart attack and stroke. They are also a good source of Vitamin A and are good for your eyes, skin and for fighting infection. Peppers are low in calories and fat, and high in fiber, making them a tasty treat that is very good for your body and your diet.

The more colorful, mature fruit is usually sweeter and contains more vitamins than the green, immature state. Regardless, peppers are an excellent source of Vitamin C, Vitamin A, and calcium. Just ½ cup of ripe, red sweet pepper has twice as much Vitamin C as a whole orange.

The immature green stage of the pepper has slightly less than an orange, but still an excellent source of nutrition.

## **USE AND STORAGE**

Peppers can be stored in the vegetable compartment of the refrigerator for up to a week. They can be frozen without first being blanched. Put some in a freezer baggie and pull them out later to add to your chili or meatloaf. This makes it easy to extend your garden bounty into the winter. You can dry them and maybe ground them into a powder for spice, such as paprika. You might pickle them along with other garden vegetables for a colorful side dish. They can be sautéed, stuffed, roasted or just eaten raw. Peppers can be used to garnish your dish to give it a splash of color. Or perhaps cut them in half and use them as a bowl for your vegetable dip. They are, indeed, one of the most versatile vegetables in your garden.

## **THE PLANT**

The plant has a densely branched stem. The plant typically reaches 0.5–1.5 m (20–60 in). Single white flowers bear the fruit which is green when unripe, changing to the mature color of the variety as it ripens. While the species can tolerate most climates, they are especially productive in warm and dry climates.

There are many different leaf sizes and shapes of the plant itself, but leaves are always alternately arranged on the stem. The fruit ranges in colors from green, to yellow, orange, red, purple, and black. They also range in size, shape and flavor. They are herbaceous annuals in temperate regions, but are herbaceous perennials where the temperature does not drop below freezing. The growth habit may be prostrate, compact, or erect. The plant is determinate in that after it produces nine to eleven leaves a single stem terminates in flower. The fruit needs to stay on the vine to continue the ripening process. The flowers will indefinitely self-pollinate. They are also pollinated by insects, which will increase the chances of cross-pollination. They are not extremely heat sensitive but will remain viable up to 100 degrees, producing fruit throughout the season.

## **PLANTING**

The soil preparation for peppers is generally the same as tomatoes. Soil pH should be between 6.5 and 7.5. Adding organic matter to the soil will help retain water and supply nutrients and minerals for the plant. Peppers are shallow rooted and require high fertility in the early stages of growth. It is best to apply side dressings to the plant in later stages.

Pepper seeds are planted  $\frac{1}{4}$  to  $\frac{1}{2}$  inch deep. It takes approximately 10 to 15 days for the seed to germinate. They may be direct seeded or grown from transplants. Direct seeding is recommended only when the soil is 72-86 degrees F. It is best in our climate to start seeds indoors and transplant outside when the soil is warm and there is no danger of frost. Plants should be “hardened off” prior to installation outside. Give the plants plenty of space to grow.

## **WATERING**

Water must be provided, either by rain or by irrigation, at a steady rate for optimum growth and fruit production. The recommended form of irrigation is a soaker hose to avoid getting the leaves wet. Remember it is always best to water any plant, not just peppers, in the morning. Plants watered at night are more susceptible to fungus and disease problems as they don't have time to dry off before the dew and the cooler night air settles in.

## **Aconcagua**

Very large, long frying peppers, up to 11" x 2 1/2". Tall plants give good yields over a long season, and the fruit is very sweet and delicious! Continuous fruiting. Yellow/green turning to red. Very sweet when light green. Can be use for frying, grilling or roast and peel, or just use fresh. This pepper was named after Mt. Aconcagua in Argentina. 73 days.

## **Albino Bullnose**

Early, sweet, white-cream colored bell peppers. White peppers have been listed in catalogs since before the turn of the nineteenth century Turns an apricot color if left on the plant to mature. Great in Salads. Dwarf plants, good for the north. Produces medium-sized fruits with thick walls and good disease resistance. 75 days.

## **Alma Paprika**

The best for drying and grinding for paprika, or for fresh eating. Extremely productive plants are loaded with round, very thick walled peppers. Slightly warm and very sweet. The beautiful fruits ripen from cream-white to orange to red. 70-80 days.

## **Amish Pimiento**

A great heirloom from the Amish. This is that old fashioned pepper used for stuffing and paprika. Used extensively in Pennsylvania Dutch cooking. Pimentos are famous for their use in the romesco sauces of Catalonia, and as the undisputed accompaniment to green olives. This particular variety of pimiento is superior and in a class all its own. Plants grow up to 3' producing an abundance of squat, ribbed, fleshy fruits 2" in diameter and up to 4" in length. Maturing to a bright stoplight red they are perfect for fresh eating, stuffing, roasting or pickling. Exceptional sweetness and fruity taste. Relatively early  
Matures in 85-90 days

## **Ancho Gigantea**

Dark green, heart-shaped, 3" by 4" almost black fruits. One of the most popular chilies in Mexico. The standard Mexican variety used for sauces and stuffing, distinctive rich flavor without too much heat. This mildly hot, blocky pepper is widely used for making chile rellenos and mole. Dark green turns to red when mature. Known as Poblano when fresh, Ancho when dried. Bushy, everbearing, pendant type plant. . 90 days from transplant.

## **Bell Boy (AAS)**

1967 AAS Winner. Early, large bell type. 3 to 4-lobed, blocky, thick walled fruits are smooth, deep green maturing to red. Sturdy, upright plants grow to 24". Continuous setting, uniform habit and fruit size. Resistant to Tobacco Mosaic Virus. 70 days.

## **Blushing Beauty (AAS)**

2000 AAS Winner. What do you call a pepper starting ivory white, brightening to a soft gold, blushing to a bright gold with a dusting of red, deepening to a glossy orange red and finally darkening to a bright red at full maturity? We call it unique, novel! Mature large fruits (4" by 4") are thick, extra-sweet and resistant to most diseases. Heavy, meaty, four-lobed fruits can be used at any stage of maturity. 18" plants set huge numbers of fruits over a variety of growing conditions, with each fruit perfectly shaped and fine-flavored. There may not be a 'foolproof' pepper, but this is the closest one yet! Good for patio containers. Resistance: bacterial leaf spot races 1, 2 and 3, and tobacco mosaic virus. 72 days.

## **Bull Nose**

The original, Bull Nose pepper was popular in early America and was grown by Thomas Jefferson. They are still grown at Monticello today. This is one of the first, medium-large, "bell" type peppers. Although, this strain may be larger than the strain grown by Mr. Jefferson. It most likely dates back to the Bull Nose of the mid to late 1800's. Delicious, good-sized fruit are great in salads or for cooking.

## **Buran**

Extremely sweet and productive Polish heirloom. Great flavor! Medium-sized plants grow 18-24" tall. Fruits are 3-lobed and measure 4" long by 3" at the shoulders. Fruits are almost equally sweet when either green or red. A very popular pepper .sure to be a new favorite. 90 days from transplant.

## **Carmagnola**

A rare, regional heirloom. May be the most famous pepper in Italy and for good reason. Good production of large fruits with 3-4 lobes and sweet meaty flesh. Promoted and protected for years by various associations (including Slow Food). At the end of August its home town of Carmagnola, Italy, celebrates this great vegetable with an unforgettable food fair. Very sweet and early. 65-75 days

## **Carmen (AAS)**

2006 AAS Winner. A sweet red Italian-type pepper, with a horn shape. Growing on an upright bush, 28-30 inches tall and 16 inches wide, the 6-inch-long tapering fruit averages 2 1/2 inches wide at the shoulder and weighs about 5 ounces; medium-thick-walled peppers are green maturing to dark crimson red. Resistance: bacterial leaf spot, potato virus Y, and tobacco mosaic virus race. Carmen' is a 2006 All-America Selections vegetable award winner that is sweet even when green, although sweetest when ripe. Adaptable to a wide range of temperatures, 'Carmen' matures 75 days from transplanting -- about a week earlier than other sweet peppers.

## **Chervena Chushka**

The best performing pepper during the record-setting cold and wet summer of 2004 at Heritage Farm. Bulgarian heirloom, traditionally used for roasting but also a great sweet pepper. Flesh is bright-red and very sweet, almost candy-like. Tapered fruits that are 2" at the shoulder by 6" long, ripens from green to brown to bright red. 85 days from transplant.

## **Chocolate Beauty**

Dark, shiny, large bell type green fruits ripen to a rich chocolate brown. Excellent sweet flavor when fully ripe, average flavor when green. Resistance: Tobacco Mosaic Virus. 70-75 days from transplant.

## **Corno di Toro Red**

"Horn of the Bull" peppers are imported from Italy and feature fruits 8 to 10" long, 1 1/2 inches wide at shoulder, curved much like a bull's horn. Ripens to a gorgeous red cone at maturity. Perfect fresh, in salads, the largest of the sweet stuffing peppers, it is first-rate, fresh or roasted grilled or sautéed.. Excellent size and taste. Fruits turn a stunning red or brilliant yellow when ripe and have a long, curved, tapering, non-bell shape. Tall, very productive plants. 72 days

## **Doux d'Espagne**

Plant produces good yields of Italian sweet peppers. Very long fruits with three lobes. Appreciated for its intense green color which turns red when mature and has a sweet taste. Disease Resistant. A variety from Italy. 90 days.

## **Emerald Giant**

The Pepper Bell Emerald Giant a large, thick-fleshed green bell pepper that sweetens and turns red on the vine. Roasted, stuffed and baked, or eaten fresh in salads, Emerald Giants large, thick fleshed peppers have more vitamin C than an orange. Emerald Giant is a great container variety. The peppers are about 4 inches long and about 3.5 inches wide and grow on a plant that is about 2 foot tall. Pinch off about 50% of the flowers. Vigorous plants give heavy yields. Developed in 1963. 78 days.

## **Fehér Ozon Paprika**

All-around excellent sweet paprika pepper for quality and performance. Extremely productive plants produce 3" by 4-5" , pointed, long, light- yellow fruits that have exceptionally sweet flesh. Mature to red. 80-85 days from transplant.

## **Friarello**

The famous sweet green pepper of Naples, Italy. This variety is well known for its production and flavor. 5 inch long peppers are thin skinned and ideal for frying, due to its thin, delicate pulp. Slim, green fruits are sweet and turn red at maturity. It is best to harvest when green and serve fried. 67 days.

## **Friggitello**

Use fresh for salads and frying or make pickles A treasured heirloom all over Italy, these are the small, tapered peppers that are used fresh for salads and frying, or dried or pickled for winter storage. Vigorous 3-4 foot tall plants bear huge crops of sweet red fruits 3-4 inches long.

## **Giant Marconi (AAS)**

2001 AAS Winner. 'Giant Marconi' is an improved Italian grilling pepper. This pepper is long and tapered and grows 6- 8" long and 3" wide. It has a memorable sweet, smoky flavor that is present when green or red, raw or grilled. Produces a large crop of peppers that are sure to please Good thickness and storage ability. Best in it's class for earliness, yield and pepper size and flavor. Plants are resistant to Potato Virus Y and Tobacco Mosaic Virus, which means the plants tend to live longer for an improved yield. 72 days.

## **Giant Szegedi Sweet Pepper**

Originally from Szegedi, Hungary, this is a delicious yellow, semi-sweet pepper. Prolific plant bears 8-12 fruits with medium-thick flesh of excellent quality. Longer than a bell pepper. Elongated Hungarian wax type. Verticillium wilt disease resistant.. Color changes from pale yellow to deep orange when fully ripe.

### **Golden Greek Pepperoncini**

This strain from Greece is somewhat rare and prized by those who want the peppers for pickling. Because they are smaller and lighter in color than the regular Pepperoncini, homemade jars of these golden peppers look more like the commercial product. Same thin-walled, slightly wrinkled shape, and mildly hot flavor as the other Pepperoncini, and the perfect addition to Greek salads.

These peppers are very flavorful, mild and sweet with a slight heat to them, and are the classic garnish for deli sandwiches, salads and pizza. Usually picked and pickled in the yellow stage, it holds its color and flavor well when processed. 62 days

### **Golden Marconi**

A late, Italian pepper with beautiful, big, yellow, 7", tapering fruit, very sweet, great for frying or fresh. This wonderful heirloom is delicious and mild. A great variety for market. The Pepper Sweet Italian Marconi Golden, is a pepper that many believe is more flavorful and is superior to traditional bell peppers. The Marconi Golden is a traditional Italian sweet pepper. The Italian Marconi turns from green to yellow and either color is very tasty. These peppers grow about 1 foot long by 3 inches wide. The Golden Marconis are particularly good fried or roasted, something done quite frequently in Italy. 80 days.

### **Gypsy (AAS)**

1981 AAS Winner. Extremely early, heavy producer. Plants grow to 18" bear wedge-shaped, tasty peppers all season. Compact, early, sweet elongated, thick fleshed, light-greenish-yellow fruit turning orange then red at maturity. Very prolific frying pepper that goes great fresh in salads as well. Tapered fruits grow 4 1/2" long by 2 1/2" wide. Resistance: Tobacco Mosaic Virus. 60 days.

### **Italian Pepperoncini**

Italian heirloom. The popular, little, thin, pickling pepper. 3"-5" fruit have a superb flavor and just a little heat. Small bushy plants pepperoncini type, non-pungent, yellow fruit maturing to red. This heirloom comes from southern Italy.

### **Italian Sweet Relleno Pepper**

Delicious roasted or sautéed/fried, and especially marvelous stuffed. A popular variety with fruits 6 x 2 in., similar to the Anaheim chile but slightly earlier maturing. High yielding and well worth growing. 65-75 days

### **Jimmy Nardello's**

Sweet Italian Frying Pepper. Brought to the U.S. in 1887 by Guiseppe Nardello from the small village of Ruoti in the Basilicata region of southern Italy. One of the best sweet peppers you will ever taste! Productive low-growing 24" plants. 80-90 days from transplant

**Lido Lamuyo** A classic, elongated European type, averaging 6" long and tapering to 3-1/2" wide at the end. Very sweet bells turn from green to bright red about two weeks later. Tall, vigorous plants have good disease resistance. 75 days

### **Luigi**

Sweet and crisp enough to enjoy raw, but at its very best when lightly cooked. Luigi averaged an astounding 45 peppers per plant in trials! Fruits are cylindrical, elongated (4-5") and tapered, most often used green but will mature to a deep red. Plants grow to about 24", with excellent disease resistance, maturing fruits in only 62 days.

### **Marconi Purple**

A lovely, purple version of the Red Marconi. These elongated fruit can grow 10" long and turn red at full maturity. An exciting new twist on this old Italian heirloom. Mild, sweet flavor.

### **Margaret's Pepper**

The sweetest, biggest, most beautiful sweet pepper you'll ever grow. The fruits are huge, about 7 inches long, with color that transitions from green to orange to bright red and finally to rich burgundy. They have thick walls and outstanding mild, sweet flavor. The plants bear early and prolifically. The superb pepper was presented to Jung Seed by Margaret Gubin, a long-time Jung customer from Cambria, Wisconsin, who urged us to produce it for their customers. The original seed was hand-carried from Hungary to the US by a family member and seed stock was carefully maintained by Margaret for over 50 years. Margaret lost her valiant fight against cancer in 2005, but her legacy continues with this first production from her pepper. 62 Days

### **Mariachi (AAS)**

2006 All-America Winner. Perfect when you want a blast of color but just a hint of heat. The compact 18-24" plants yield loads of 4", coned shaped, thick walled fruits that change brilliantly from creamy yellow to bright red all summer, yet taste spicy but only mildly hot..

'Mariachi' is named after the Mexican regional musical band that became popular in Jalisco, Mexico in the mid-1800's. Both the band and the pepper are festive and colorful, reminding us to enjoy our outdoor living spaces and gardens. 'Mariachi' is a beautiful plant, deserving a sunny location in an annual or perennial flower bed. 'Mariachi' sets fruits and produces an abundant crop of high quality, mild chile peppers. The chile peppers are pendant, meaning they will hang below the stem. It is a fleshy pepper that ripens from creamy white to rose, then red. Some people may wait for the mature red pepper, but because its flavor is delicate and complex, having fruity undertones reminiscent of melons, the gardeners will harvest them at the creamy white stage. 'Mariachi' peppers are moderately pungent, with Scoville readings in the 500 to 600 range when grown under non-stressful conditions. Add stress, such as extremely hot weather or overly dry soil, and Scoville readings may rocket.

'Mariachi' chiles can be used in salsas or sauces and are especially flavorful when roasted whole on the grill or under the broiler. 'Mariachi' peppers can be used in many dishes, either raw or cooked, but the reason to grow vegetables is the exceptional taste and highest nutritional value - fresh from your garden. Early and continuously productive. 65 days.

## **Melrose**

This is a superb heirloom, frying pepper, brought from Italy years ago. The 4" fruit turn brilliant-red and start producing very early, with flavor that is rich, flavorful, and very sweet. Great fried or fresh, a true Italian that seems to have been widely grown in the Chicago area. We have had many requests for this pepper.

## **Miniature Chocolate Bell**

Short and stocky 16", impressive miniature bell plants covered with 2" fruits that have 2-3 lobes, excellent fresh flavor. Expect 75 peppers per plant. Very sweet. Great for veggie platters, in salads or as hors d'oeuvres. Ripen from green to chocolate, or to red, or to yellow depending upon the variety. 55 days.

## **Miniature Red Bell**

Short and stocky 16", impressive miniature bell plants covered with 2" fruits that have 2-3 lobes, excellent fresh flavor. Expect 75 peppers per plant. Very sweet. Great for veggie platters, in salads or as hors d'oeuvres. Ripen from green to chocolate, or to red, or to yellow depending upon the variety. 55 days.

## **Miniature Yellow Bell**

Short and stocky 16", impressive miniature bell plants covered with 2" fruits that have 2-3 lobes, excellent fresh flavor. Expect 75 peppers per plant. Very sweet. Great for veggie platters, in salads or as hors d'oeuvres. Ripen from green to chocolate, or to red, or to yellow depending upon the variety. 55 days.

## **Napolean Sweet**

Plants about 2 feet tall. Possibly the most productive of all the large peppers, bears consistently until frost. Mild as an apple. Fruit about 8" long and 4 1/2" in circumference, standing upright until they get so heavy they sometimes droop. Remarkably early for a large fruited pepper. Might be classed as an extra early. Good flavor when green, sweeter when red. 70-90 days from transplant.

## **Orange Sun**

Beautiful bells are glowing orange in color. Two foot plants are sturdy with an abundant harvest. The thick flesh, blocky, three to four lobed fruit is intensely sweet and fruity. 4"-5" long. Maturing from green to a vivid creamsicle orange. Perfect for grilling, sautéing or roasting. Paired with a blushing, purple and red pepper, makes for a rainbow of colors in a salad. 75-80 days.

## **Purple Beauty**

Purple peppers are always a favorite, as they are so colorful. This variety produces loads of beautiful bells on compact, bushy plants. Crisp texture and mild, sweet flavor makes this one popular with everyone. I even believe Peter Piper picked a peck of these purple peppers and I don't blame him. 75 days.

## **Quadrato d'Asti Giallo**

The giant yellow Quadrato bell pepper. The huge fruit are a favorite. Beautiful and blocky, with very thick walls, the flavor is outstanding - sweet and rich! This Italian variety gives very heavy yields, one of the best varieties for marketing. This superb pepper is a real winner! 80 days.

## **Red Belgian**

This variety is popular among growers for its earliness and high yields. The fruit start out a pale yellow, then slowly turn red. The peppers are wedge shaped and 3 1/2" long. Many growers prefer the flavor to ordinary bell peppers as they are very sweet and rich in taste. This is a family heirloom from Belgium.

## **Robustini**

Robustini is a prolific producing, early maturing yellowish Pepperoncini with just enough heat to give the pickled peppers some zing, and make them interesting to eat. The plants are medium sized. The fruits are lobed to slightly pointed and thin walled. These are those mildly warm, pickled yellow peppers seen at salad bars and on subs. They mature to a red color but should be harvested when yellow-green. Pack these 2 to 3" long peppers in a jar, cover with full-strength, white-wine vinegar to set for one to six months. The flavor gets better the longer they sit. Only 62 days.

## **Round of Hungary**

Specialty pimento cheese pepper. Ribbed, flattened fruits mature early and have very thick, sweet, delicious flesh. Distinctive fruits turn red early, and are great for stuffed peppers, in cooking, and in salads. This choice variety seed was obtained from Zollinger's Seed in Switzerland. 75 days.

## **Sheepnose Pimento**

Cheese pimento-shaped fruits are 3" deep and 4" in diameter. Extremely flavorful, sweet thick juicy flesh. Very meaty and good for cooking, canning, stuffing. Intense red color great for adding fresh to salad. Will keep in excellent condition for 3-4 weeks in the refrigerator. Sturdy, very productive plants grow up to 24" tall. 70-80 days from transplant.

## **Sunrise Orange**

This early and attractive bell pepper turns orange-yellow at maturity and is one of the earliest and most productive varieties to grow for the North. Can be picked at the yellow or orange stage. Disease resistant. 75 days

**Sweet Banana (AAS)** 1941 AAS Winner. One of the most popular non-bell sweet peppers, excellent both fresh and cooked! Thick-walled fruits with sweet, mild, waxy flesh are prolifically produced on 16 to 24" plants with pendant fruits. Referred to as "yellow wax" pepper due to the waxy texture of the skin. Excellent size and shape for pickling. Fruits start out a pale green, ripening to yellow, then red. Easy to grow in short season climates. 66 days

## **Tangerine Pimiento**

Originating in South America, these orange fruits look like tangerines when ripening. Prolific producers of beautiful orange sherbet pimientos, round to slightly flattened 3-4 lobe thick-walled sweet juicy fruits. One trialer reported an average of 8 peppers per plant, with 5 reaching ripeness, the other recorded 15 peppers per plant of which almost all reached their gorgeous

orange fullness. The small 2-3" squat fruits are great for eating fresh or roasting. Plants are modest in height and bushy. Does well in full sun. Great for growing in containers. 75-85 days

### **Tennessee Cheese**

Originally from Spain, where it is still used to produce high-quality paprika. Perhaps the best we've ever seen for stuffing. Fruits are round, apple or tomato-shape, with a flattened base and a thick, delicious skin. Use it fresh like a bell; pickled for garnish; canned for pimientos, or dried for paprika! 82 days.

### **Tollies Sweet Italian**

An heirloom, Italian type, all-around favorites for fresh eating and canning recipes. Also can be roasted or pickled. Great added to tomato sauces. Larger and sweeter than similar varieties. Large, dependable yields of 4-5" long tapered fruits. Plants are compact and productive. Ripens to a deep red. 75-85 days from transplant.

### **Yolo Wonder**

The best strain of California Wonder, and an American classic. Bred by the Campbell Soup Company in 1952. Top quality sweet bell with large, thick-walled blocky 3" X 4" fruits are mild and juicy green or red if left to ripen. Sweetens considerable when red. Thick foliage protects against sun-scald. Compact plant. A nice pepper for the home garden. Great for stuffing or salads. 70-80 days

## RECIPES

### Eggplant, Zucchini and Sweet Red Pepper Stew

Yield: 4 servings

- 1 eggplant, cut into 1 inch cubes
- 1/4 cup olive oil
- 1 cup chopped onion
- 5 cloves garlic, chopped
- 1/2 cup Basmati rice
- 1 zucchini, cut into large chunks
- 1 large red bell pepper, chopped
- 3 fresh tomatoes, diced
- 1 cup Marsala wine
- 1 1/2 cups water
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon red pepper flakes
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh parsley
- 1 sprig fresh rosemary, chopped

1. Place eggplant in a colander and sprinkle with salt.
2. Heat olive oil in a Dutch oven or large pot. Rinse eggplant and pat dry. Sauté until slightly browned. Stir in onion and sauté until transparent. Stir in garlic and sauté for 2 to 3 minutes.
3. Stir in rice, zucchini, red bell pepper, tomatoes, wine, water, salt and red pepper flakes. Cook over medium-high heat until mixture reaches a low boil. Reduce heat and simmer for 45 minutes, or until vegetables are tender.
4. Remove from heat and stir in basil, parsley and rosemary.

## Roasted Eggplant and Mushrooms

Yield: 2 servings

- 1 medium eggplant, peeled and cubed
- 2 small zucchini, cubed
- 1/2 small yellow onion, chopped
- 1 (8 ounce) package mushrooms, sliced
- 1 1/2 tablespoons tomato paste
- 1/2 cup water
- 1 clove garlic, minced
- 1/2 teaspoon dried basil
- salt and pepper to taste

1. Preheat oven to 450 degrees F (230 degrees C).
2. Place eggplant, zucchini, onion and mushrooms in a 2 quart casserole dish. In a small bowl combine the tomato paste with the water, and stir in garlic, basil, salt and pepper. Pour over the vegetables and mix well.
3. Bake in preheated oven for 45 minutes, or until eggplant is tender, stirring occasionally. Add water as necessary if vegetables begin to stick; however, vegetables should be fairly dry, with slightly browned edges.

## Eggplant and Tomato Bake

Yield: 8 servings

- 3 large eggplants
  - 1 1/2 teaspoons salt
  - 2 onions, chopped
  - 2 cloves garlic, crushed
  - 1 tablespoon olive oil
  - 1 teaspoon dried basil
  - 1 teaspoon dried oregano
  - 1 (10.75 ounce) can tomato puree
  - 1/4 cup water
  - 1 pinch ground black pepper
  - 2 (8 ounce) containers plain low-fat yogurt
  - 1/4 cup wheat germ or whole wheat breadcrumbs
  - 2 tablespoons grated Parmesan cheese
1. Slice the eggplants into 1/4 inch slices and lightly salt them. Leave them to sweat for 30 minutes. While the eggplant are set aside, sauté the onions, garlic, and olive oil in a large skillet over a low heat, covering the pan with a lid to keep them moist. Sauté the onions until they are soft and turning gold in color.
  2. Mix the basil, oregano, tomato puree, water, salt and pepper into the pan of onions and simmer for ten minutes.
  3. While the mixture is simmering, rinse off the eggplant slices and steam them either in a microwave steamer basket (in two batches at 10 minutes each) or in a steamer over the stove.
  4. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch-baking dish with non-aerosol cooking spray.
  5. Spread 2 to 3 tablespoons of the tomato sauce-mixture over the bottom of the prepared baking dish. Arrange one layer of the eggplants on the bottom of the dish. Pour one third of the tomato sauce over the eggplant. Pour one container of yogurt over the tomato sauce. Repeat the eggplant layer, tomato sauce, yogurt, eggplants, and top the dish with the remaining tomato sauce.
  6. Cover dish with foil and bake for 30 minutes. Uncover and sprinkle the wheat germ or breadcrumbs over the top of the casserole, followed by the Parmesan cheese. Bake for another 20 to 30 minutes; until topping is golden brown.

## Stuffed Green Pepper

Yield: 4 servings

- 6 medium tomatoes - peeled, seeded and chopped
- 1 medium onion, chopped
- 3 ribs celery, diced
- 1 (8 ounce) can tomato sauce
- 1 cup water
- 2 teaspoons salt, divided
- 1/2 teaspoon pepper, divided
- 4 medium green peppers
- 1 pound lean ground beef
- 1 cup instant rice, cooked
- 1 teaspoon dried basil

1. In a large saucepan or Dutch oven, combine tomatoes, onion, celery, tomato sauce, water, 1-teaspoon salt and 1/4-teaspoon pepper. Bring to a boil. Reduce heat and simmer 10-15 minutes. Meanwhile, cut tops off of green peppers and remove seeds; set aside. In a bowl, combine ground beef, rice, basil and remaining salt and pepper; mix well. Fill peppers with beef mixture. Carefully place peppers in tomato sauce. Spoon some sauce over tops of peppers. Cover and simmer for 40-45 minutes or until beef is cooked and peppers are tender.

# Eggplant

Yield: 8 slices

- 1 tablespoon olive oil
- 1/3 large eggplant
- 1 egg
- 1 tablespoon water
- 1 cup dry bread crumbs
- 1 tomato, chopped
- 1/4 cup grated Parmesan cheese
- 1/4 cup Italian-style salad dressing

1. Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet or pizza pan with olive oil.
2. Slice the eggplant into 8 round slices, each 1/4 to 1/2 inch thick. Trim the skin, maintaining the round shape of the slices. In a small bowl, whip together the egg and water. Place the breadcrumbs in a separate small bowl.
3. Dip the eggplant slices one at a time into the egg and water mixture, then into the breadcrumbs. One by one, place the coated slices in a single layer on the prepared baking sheet or pizza pan. Top the slices with equal amounts of tomato, Parmesan cheese and Italian-style salad dressing.
4. Bake in the preheated oven approximately 15 minutes. Change oven setting to broil, and continue cooking 3 to 5 minutes. Check the slices frequently while broiling to avoid burning.

## Vegetarian Shepherd's Pie

Yield: 6 servings

- 2 tablespoons extra virgin olive oil, divided
  - 1 large yellow onion, roughly chopped
  - 4 cloves garlic, crushed
  - 2 tablespoons curry powder
  - 2 teaspoons ground cumin
  - 2 small red or green bell peppers, chopped
  - 3 cups cubed eggplant, with peel
  - 1 (15 ounce) can diced tomatoes
  - 1/2 cup water
  - 1 1/4 pounds small red potatoes, halved
  - 1/2 cup fat-free half and half (or milk)
  - 1 cup frozen or fresh peas
  - 1/2 cup grated Parmesan cheese
  - 1 pinch Salt and freshly ground black pepper to taste
1. Preheat oven to 400 degrees. In a large skillet over medium heat, heat 1 Tb. oil; add onions, garlic, curry and cumin. Sauté until onions are soft, about 5 minutes. Remove to a bowl.
  2. Heat remaining oil in skillet; add peppers, eggplant, tomatoes and 1/2-cup water. Sauté until soft, about 20 minutes. Stir in onions. Place in a shallow 8-by-8- inch baking dish.
  3. In a saucepan, boil potatoes until done. Drain and smash. Stir in half and half, peas, salt and pepper. Spread over vegetables and top with Parmesan.
  4. Bake 15 minutes. Brown in broiler. Serve.

## Bruschetta with Roasted Sweet Red Peppers

Yield: 12 servings

- 16 ounces Italian bread
- 2 tablespoons olive oil
- 1 (16 ounce) jar marinated roasted sweet red peppers
- 3 cloves garlic, chopped
- 1 tomato, seeded and chopped
- 1 cup chopped fresh basil
- 1 onion, chopped (optional)
- 3 teaspoons balsamic vinegar
- ¼ Cup Parmesan Cheese

1. Preheat your oven's broiler.
2. Slice bread loaf into 1-inch thick portions. Brush each slice on one side with olive oil. Broil, oil-side up, until barely golden. Remove from broiler pan and cool.
3. In a medium bowl, mix together roasted pepper, garlic, tomato, basil, and onion. Sprinkle mixture evenly on each toast portion. Drizzle with balsamic vinegar.

4. Top with a sprinkle of Parmesan cheese.

5. Serve immediately.

# Eggplant Parmesan

Yield: 8 servings

- 1 eggplant, cut into 3/4 inch slices
  - 1 1/2 tablespoons salt
  - 8 tablespoons olive oil
  - 8 ounces ricotta cheese
  - 6 ounces shredded mozzarella cheese
  - 1/2 cup grated Parmesan cheese
  - 1 egg, beaten
  - 1/2 cup chopped fresh basil
  - 4 cups pasta sauce
1. Sprinkle both sides of the eggplant slices with salt. Place slices in a colander, and place a dish underneath the colander to capture liquid that will sweat out of the eggplant. Allow to sit for 30 minutes.
  2. Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, mix the ricotta, mozzarella cheese and 1/4 cup Parmesan cheese. Mix in egg and basil.
  3. Rinse the eggplant in cold water until all salt is removed. In a large skillet, heat 4 tablespoons olive oil over medium heat. Place one layer of eggplant in the pan, brown each side. Repeat with remaining eggplant slices, using additional oil if necessary.
  4. In a 9x13 inch-baking dish, evenly spread 1 1/2 cups of spaghetti sauce. Arrange a single layer of eggplant slices on top of the sauce. Top the eggplant with 1/2 of the cheese mixture. Repeat layering process until all the eggplant and cheese mixture is used. Pour remaining sauce on top of layers, and sprinkle with remaining Parmesan cheese.
  5. Bake 30 to 45 minutes in the preheated oven, until sauce is bubbly.

## Fried Green Tomatoes

Yield: 6 servings

- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 5 green tomatoes, sliced 1/2 inch thick
- 1 cup crushed saltine crackers
- 2 eggs, beaten
- 1/2 cup butter

1. In a small bowl, stir together the flour, salt and pepper. Place the crushed saltine crackers in another bowl, and the beaten eggs in a third bowl.
2. Melt the butter in a large skillet over medium heat. Dip each tomato slice in the egg to coat, then in the flour mixture. Dip the floured tomato slice back into the egg, and then into the cracker crumbs. Place the coated tomato slices in the hot skillet, and fry until golden brown on each side, about 3 to 5 minutes per side. Add more butter to the pan, if necessary. Serve hot!

## Tomato Pepper Sauce

Yield: 6 servings

- 4 large tomatoes
- 2 large red bell peppers, seeded and diced
- 1 onion, coarsely chopped
- 1 teaspoon minced garlic
- salt and pepper to taste

1. Bring a pot of water to a boil. Carefully add the tomatoes to the water, and boil until the skin begins to split. Remove from the water, cool under cold running water, and peel off the skin.
2. Place tomatoes into a large skillet, and mash with a potato masher. Mix in the bell peppers, onion and garlic. Simmer over low heat for about 20 minutes, or until onions and peppers are tender. Season with salt and pepper to taste.

## Tomato Bacon Squares

Yield: 24 appetizers

- 6 slices bacon
  - 1/3 cup chopped green bell pepper
  - 1/3 cup chopped onion
  - 4 roma (plum) tomatoes, seeded and chopped
  - 1 teaspoon dried basil
  - 2 tablespoons mayonnaise
  - 1 clove crushed garlic
  - 1 refrigerated pizza crust dough
  - 3/4 cup shredded Swiss cheese
1. Preheat oven 375 degrees F (190 degrees C).
  2. Place bacon in a large skillet over medium heat. Fry bacon until crisp. Drain on paper towels.
  3. Crumble bacon into a medium-size mixing bowl. Mix in bell pepper, tomatoes, and basil. In a separate small bowl, combine mayonnaise and garlic.
  4. Roll pizza crust into a 12x15 inch rectangular baking sheet. Spread the mayonnaise mixture evenly over the crust. Sprinkle the bacon mixture over the mayonnaise, and top the entire pizza with cheese.
  5. Bake 18 to 20 minutes or until the top is bubbly and the crust is golden brown. Cool and cut the pizza into 24 squares.

## Cheese and Tomato Fondue

Yield: 3 cups

- 2 tablespoons butter
  - 2 cloves garlic, pressed
  - 1/2 teaspoon minced onion
  - 3 small tomatoes, seeded and chopped
  - 1 1/2 cups dry white wine
  - 1 pound Gruyere cheese, shredded
  - 1/2 pound Swiss cheese, shredded
1. In a fondue pot or double broiler over medium heat, melt the butter. Stir in the garlic and onion. Slowly cook and stir until the vegetables are soft.
  2. Mix in the tomatoes and cook another 3 minutes. Pour in the wine. Continue stirring until the wine reaches a near boil. Remove from the heat and stir in Gruyere and Swiss cheeses until melted.

## HEALTH STASTICS

From USDA [www.health.gov](http://www.health.gov)

### Appendix B-9. Food Sources of Vitamin C

Food Sources of Vitamin C ranked by milligrams of vitamin C per standard amount; also calories in the standard amount. (All provide  $\geq 20\%$  of RDA for adult men, which is 90 mg/day.)

Food, Standard Amount	Vitamin C (mg)	Calories
Guava, raw, 1/2 cup	188	56
Red sweet pepper, raw, 1/2cup	142	20
Red sweet pepper, cooked, 1/2 cup	116	19
Kiwi fruit, 1 medium	70	46
Orange, raw, 1 medium	70	62
Orange juice, 3/4 cup	61-93	79-84
Green pepper, sweet, raw, 1/2 cup	60	15
Green pepper, sweet, cooked, 1/2 cup	51	19
Grapefruit juice, 3/4 cup	50-70	71-86
Vegetable juice cocktail, 3/4 cup	50	34
Strawberries, raw, 1/2 cup	49	27
Brussels sprouts, cooked, 1/2 cup	48	28
Cantaloupe, 1/4 medium	47	51
Papaya, raw, 1/4 medium	47	30
Kohlrabi, cooked, 1/2 cup	45	24
Broccoli, raw, 1/2 cup	39	15
Edible pod peas, cooked, 1/2 cup	38	34
Broccoli, cooked, 1/2 cup	37	26
Sweet potato, canned, 1/2 cup	34	116
Tomato juice, 3/4 cup	33	31
Cauliflower, cooked, 1/2 cup	28	17
Pineapple, raw, 1/2 cup	28	37
Kale, cooked, 1/2 cup	27	18
Mango, 1/2 cup	23	54

Source: Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17. Foods are from ARS single nutrient reports, sorted in descending order by nutrient content in terms of common household measures. Food items and weights in the single nutrient reports are adapted from those in 2002 revision of USDA Home

**In depth nutrient analysis:**

<b>Bell peppers, red, raw, slices</b> (Note: "--" indicates data is <a href="#">unavailable</a> )		
amount	1.00 cup	
total weight	92.00 g	
<b>Basic Components</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
calories	24.84	
calories from fat	1.57	
calories from saturated fat	0.23	
protein	0.82 g	
carbohydrates	5.92 g	
dietary fiber	1.84 g	7.36
soluble fiber	0.74 g	
insoluble fiber	1.10 g	
sugar - total	2.39 g	
monosaccharides	-- g	
disaccharides	-- g	
other carbs	1.68 g	
fat - total	0.17 g	
saturated fat	0.03 g	
mono fat	0.01 g	
poly fat	0.09 g	
trans fatty acids	0.00 g	
cholesterol	0.00 mg	
water	84.81 g	
ash	0.28 g	
<b>Vitamins</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
vitamin A IU	5244.00 IU	104.88
vitamin A RE	524.40 RE	
A - carotenoid	524.40 RE	6.99
A - retinol	0.00 RE	
A - beta carotene	2840.96 mcg	
thiamin - B1	0.06 mg	4.00
riboflavin - B2	0.03 mg	1.76

niacin - B3	0.47 mg	2.35
niacin equiv	0.64 mg	
vitamin B6	0.23 mg	11.50
vitamin B12	0.00 mcg	0.00
biotin	-- mcg	--
vitamin C	174.80 mg	291.33
vitamin D IU	0.00 IU	0.00
vitamin D mcg	0.00 mcg	
vitamin E alpha equiv	0.63 mg	3.15
vitamin E IU	0.95 IU	
vitamin E mg	0.68 mg	
folate	20.24 mcg	5.06
vitamin K	4.51 mcg	5.64
pantothenic acid	0.07 mg	0.70

### Minerals

nutrient	amount	%DV
boron	-- mcg	
calcium	8.28 mg	0.83
chloride	22.08 mg	
chromium	-- mcg	--
copper	0.06 mg	3.00
fluoride	-- mg	--
iodine	0.92 mcg	0.61
iron	0.42 mg	2.33
magnesium	9.20 mg	2.30
manganese	0.11 mg	5.50
molybdenum	4.60 mcg	6.13
phosphorus	17.48 mg	1.75
potassium	162.84 mg	
selenium	0.28 mcg	0.40
sodium	1.84 mg	
zinc	0.11 mg	0.73

### Saturated Fats

nutrient	amount	%DV
4:0 butyric	0.00 g	
6:0 caproic	0.00 g	
8:0 caprylic	0.00 g	
10:0 capric	0.00 g	
12:0 lauric	0.00 g	

14:0 myristic	0.00 g	
15:0 pentadecanoic	0.00 g	
16:0 palmitic	0.02 g	
17:0 margaric	0.00 g	
18:0 stearic	0.01 g	
20:0 arachidic	0.00 g	
22:0 behenate	0.00 g	
24:0 lignoceric	0.00 g	
<b>Mono Fats</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
14:1 myristol	0.00 g	
15:1 pentadecenoic	0.00 g	
16:1 palmitol	0.00 g	
17:1 heptadecenoic	0.00 g	
18:1 oleic	0.01 g	
20:1 eicosen	0.00 g	
22:1 erucic	0.00 g	
24:1 nervonic	0.00 g	
<b>Poly Fats</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
18:2 linoleic	0.09 g	
18:3 linolenic	0.01 g	
18:4 stearidon	0.00 g	
20:3 eicosatrienoic	0.00 g	
20:4 arachidon	0.00 g	
20:5 EPA	0.00 g	
22:5 DPA	0.00 g	
22:6 DHA	0.00 g	
<b>Other Fats</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
omega 3 fatty acids	0.01 g	0.40
omega 6 fatty acids	0.09 g	
<b>Amino Acids</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
alanine	0.03 g	
arginine	0.04 g	
aspartate	0.12 g	
cystine	0.02 g	4.88

glutamate	0.11 g	
glycine	0.03 g	
histidine	0.02 g	1.55
isoleucine	0.03 g	2.61
leucine	0.04 g	1.58
lysine	0.04 g	1.70
methionine	0.01 g	1.35
phenylalanine	0.02 g	1.68
proline	0.04 g	
serine	0.03 g	
threonine	0.03 g	2.42
tryptophan	0.01 g	3.13
tyrosine	0.02 g	2.06
valine	0.03 g	2.04
<b>Other</b>		
<b>nutrient</b>	<b>amount</b>	<b>%DV</b>
alcohol	0.00 g	
caffeine	0.00 mg	
artif sweetener total	-- mg	
aspartame	-- mg	
saccharin	-- mg	
sugar alcohol	-- g	
glycerol	-- g	
inositol	-- g	
mannitol	-- g	
sorbitol	-- g	
xylitol	-- g	
organic acids	-- mg	
acetic acid	-- mg	
citric acid	-- mg	
lactic acid	-- mg	
malic acid	-- mg	
choline	-- mg	--
taurine	-- mg	
Note: The nutrient profiles provided in this website are derived from Food Processor for Windows, Version 7.60, by ESHA Research in Salem, Oregon, USA. Of the 21,629 food records contained in the ESHA foods database, most of them - including those of the World's Healthiest Foods - lacked information for specific nutrients. The designation "--" was chosen to represent those nutrients for which there was no measurement included in the ESHA foods database.		

multiple preparations of the same food item have been omitted from this table.