

Peppers, Chili

Availability

Some major production areas include:

	January	February	March	April	May	June	July	August	September	October	November	December
California	•	•	•	•	•	•	•	•	•	•	•	•
Mexico	•	•	•	•	•	•	•	•	•	•	•	•

Variety/Type Descriptions

Many varieties of chili peppers are available for commercial use. These include:

Anaheim – Long, green tapered pods. Flavor ranges from mildly pungent to hot, depending on the growing region. May be used whole, stuffed with cheese or meat, or chopped up and used in salsas, salad dressings, and tomato-based dishes.

Banana – Sweet and mild, these peppers are long, yellow, and juicy. Sometimes called yellow wax peppers, banana peppers should not be confused with Hungarian wax peppers, a hotter chili.

Cherry Hot Pepper – Round pepper with scarlet to deep red color. Medium-sweet flavor with heat level ranging from mild to medium. These peppers are often pickled. May also be used fresh in salads, salsas, and cooked dishes.

Cubanelle – Sweet and mild, these peppers look like elongated bell peppers. Usually pale to medium yellow, Cubanelles are harvested before they are fully ripe and red.

Fresno (red and green) – Small, gradually tapering pod with medium-thick flesh. These peppers are very hot. Red peppers may be sweeter in flavor than green. Fresh Fresno chilies may be chopped and used in cooked and uncooked dishes.

Habanero (red, green, and orange) – Small pepper that ranges in shape from that of a bell pepper to teardrop-shaped. These peppers are extremely hot and should be used sparingly. May be used in hot Mexican and Sichuan Chinese dishes.

Hungarian Wax – A large yellow chili, 3-5" long and up to 1½" wide, these peppers are mild to medium-hot. Similar in appearance to, but hotter than banana chilies.

Jalapeno – Small, pointed pepper that ranges in color from bright green to greenish-black. These peppers are extremely hot and should be used sparingly. May be chopped and used in cooked or uncooked dishes.

Pasilla – These peppers are the dried form of chilaca chilies; although fresh chilacas are also sometimes called pasillas. They are 5-6" long and 1-1½" wide. Rich flavored and medium hot, it is traditional in mole sauce. Pasillas (dried) are dark raisin brown. Fresh, ripe pasillas are dark brown.

Poblano – May also be mistakenly called Pasilla in some markets. Elongated bell pepper shape with pointed end; dark green, shiny color. These peppers exhibit a mild to medium-hot flavor and may be used whole for stuffing.

Serrano (green and red) – Small, tapering pepper; very hot; may be used in sauces, relishes, and Mexican-style dishes.

Yellow – There are many varieties of yellow chili peppers. These peppers vary in degree of hotness, depending on specific variety. May be chopped and used fresh in cooked and uncooked dishes.

Other varieties include Jalapeno Staffin, Red Cayenne, Red Hot, and Thai.

Ordering Specifications

Common packaging:
8- to 10-lb. bulk cartons
Prepackaged containers

Grades:
No U.S. grades given.



Receiving and Inspecting

Generally speaking, chili peppers should be smooth, shiny, well colored, and firm. Avoid peppers that appear shriveled or decayed. Dry lines or striations across the skin indicate a hotter pepper. These lines are not an indication of poor quality.

Storing and Handling

Temperature/humidity recommendation for short-term storage of 7 days or less:

45-50 degrees F/7-10 degrees C
85-95% relative humidity
Pasilla: 55-60 degrees F/
13-16 degrees C

Retail display tips:

Water sprinkle: No
Top ice: No

Ethylene production/sensitivities:

Produces ethylene: No
Sensitive to ethylene exposure: Yes

Storing tips:

Keep chili peppers away from ethylene-producing fruits, ripening rooms, and strong drafts.

Nutrition*

Banana

Serving Size 1 each Pepper, Banana (46g)

Amount Per Serving	% Daily Value
Calories 10	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	6%
Sugars (Not Available)	
Protein 1g	
Vitamin A	4%
Vitamin C	60%
Calcium	0%
Iron	2%

Hungarian

Serving Size 1 each Pepper, Hungarian (27g)

Amount Per Serving	% Daily Value
Calories 10	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber (Not Available)	
Sugars (Not Available)	
Protein 0g	
Vitamin A	0%
Vitamin C	40%
Calcium	0%
Iron	0%

Jalapeno

Serving Size 1 each Pepper, Jalapeno (14g)

Amount Per Serving	% Daily Value
Calories 5	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars (Not Available)	
Protein 0g	
Vitamin A	0%
Vitamin C	10%
Calcium	0%
Iron	0%

Serrano

Serving Size 1 each Pepper, Serrano (6g)

Amount Per Serving	% Daily Value
Calories 0	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars (Not Available)	
Protein 0g	
Vitamin A	2%
Vitamin C	4%
Calcium	0%
Iron	0%

*These values have not been adopted or approved by FDA. They have been obtained from USDA's Handbook 8, or other databases developed by PMA and its members. While PMA believes use of non-FDA-approved data should not result in FDA regulatory action, such a result can never be assured. Consultation with company counsel is suggested before the data is used in conjunction with the marketing of specific products.

Troubleshooting

Discoloration:

Chili peppers are sensitive to ethylene; exposure to the gas will cause a color change in the peppers. For best quality, store chili peppers away from ethylene-producing fruits and ripening rooms.

Pitting; accelerated decay:

These are indications of chill injury. To prevent chill injury, most chilies should not be stored below 45 degrees F/7 degrees C.

Shriveling:

Chili peppers may shrivel if exposed to strong drafts. For best quality, store peppers away from areas with drafts or high air circulation.

