



CSA Harvest Information



The Many Peppers of Wickham Farms



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 in the dish Chile Relleno. Poblano peppers are often roasted and peeled; after that, they may be frozen. When dried, they become known as Ancho Chiles.

2: 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.

3: Serrano Peppers

Serrano peppers are small, HOT chili peppers. They are green when unripe and may ripen in stages to red. Although raw Serrano peppers can be used to spice up salsa or salad, they are often roasted before being added to sauces or other warm dishes. Roasting mellows their flavor. Serrano peppers are rarely dried.

4: Sweet Banana/Hungarian Wax Pepper

These two peppers are almost identical once they are off the plant, so pay attention to the info in your newsletter or 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 levels. We have found that one week's crop of Hungarian wax peppers can be much hotter than the next week's crop. Both types of peppers can be stuffed, cut up in salads, and pickled.

5: "Red Flame" Chili Peppers

These are long and skinny peppers. The green chili peppers are a bit milder in heat, but also slightly less flavorful overall. The flavor of the red is superior, but by the time they have turned red, the skin is tough, so most Indian and Thai foods call for green chili peppers.

Pepper Tips and Tricks

- Refrigerate peppers (unwashed) in a hydrator drawer for 1-2 weeks.
- Peppers may be frozen. Wash and dry the peppers, then cut up and place in an airtight container or zip-top freezer bag. They will be soft 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 and wash hands thoroughly when finished handling hot peppers.