



Banana Pepper

Capsicum annuum · 0–500 Scoville heat units

Picked a few doors down, at whatever stage the plant had reached. They come up pale green, turn waxy orange, and finish a deep red, so a handful is usually two or three colors at once. Green is the tarest, red the sweetest, and not one of them is hot.

BANANA PEPPER	■	0–500
Poblano	■	1,500
Jalapeño	■	8,000

WHAT TO DO WITH THEM

1. **Eat them raw.** Sliced into a salad, or straight off the cutting board.
2. **They pickle in an afternoon.** Vinegar, water, salt and a little sugar, ready by dinner. The green ones hold their crunch best.
3. **Good stuffed.** Halved lengthwise with cream cheese, ten minutes under the broiler – the red ones go almost jammy.
4. **Keep them dry and unwashed** in the crisper, about two weeks.
5. **The seeds are mild too**, so there's no need to scrape them out.

If you'd rather have heat, I grow that too – just ask.



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