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### G81-540 Peppers (Revised May 1990)

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## Peppers

Various peppers and their care are discussed here.

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Peppers are treated as warm-season annual crops when grown in Nebraska gardens. They are related to eggplants, potatoes and tomatoes, all of which belong to the Solanaceae (Nightshade) family.

Garden peppers (*Capsicum annuum*) include different strains commonly called sweet peppers, chili peppers and Hungarian peppers. They are quite different and not in the same genus as the plants that furnish the black pepper (*Piper nigrum*) used as a condiment. Tabasco peppers (*Capsicum frutescens*) are the small fruited peppers generally processed into hot sauce, which are largely grown in warmer climates.

Garden peppers usually are classified as sweet (mild) or pungent (hot). They are available in various shapes, sizes and colors. Fresh peppers are high in vitamins A and C.

Although peppers are mainly raised for human consumption, they can be grown as ornamentals in containers, or outdoors among flowers. The skin color of peppers include yellow, orange, red, green and purple.

## Sweet Peppers

Sweet peppers may be blocky, round or tapered. They are mild in flavor and generally thick-walled. The flesh usually starts out green and changes to red as the fruit ripen. Although green-to-red is the color change most bell peppers undergo as they become fully mature, there are now many different colors of pepper available. Among them are pepper varieties that change from yellow to red, purple to red, lavender to red, ivory to yellow, yellow to orange, orange to red, white to light red/pink, and chocolate brown to red.

Blocky (bell) types are the most popular for home garden use. They are convenient for stuffed peppers and for use in pizzas, salad and for eating fresh. The sweet yellow peppers, which include banana types, and the small cherry peppers used mainly for pickling, also perform well in the home garden.

A list of recommended pepper varieties is found in EC81-1234, *Selected Vegetable Varieties for Nebraska*. These include Ace Hybrid, Bell Boy, California Wonder, Dutch Treat, Golden Bell and Yolo Wonder.

## Pungent Peppers

Pungent or hot peppers vary from mildly pungent to very hot in taste. They are most commonly used in making chili or similar dishes, and are canned or dried.

In general, the 'green-turning-red' types are more pungent than those that are 'yellow-turning-red.' Recommended cultivars for Nebraska include Hungarian Yellow Wax, Jalepeno, and Large Red Hot. Other varieties also perform satisfactorily.

Use care in handling the fruit of hot peppers. Volatile oils in the fruit can irritate and burn if they come in contact with the skin or eyes.

Wearing protective rubber gloves is the best method to prevent skin contact with hot types of peppers. Washing your hands with soap and water after handling these peppers helps reduce irritation. Avoid letting your hands come in contact with your face, especially around your eyes and lips.

## Ornamental Peppers

Ornamental peppers are increasing in popularity, especially as potted plants during the holiday season. Plants are available in many forms, and have small fruits of various shapes and colors. They are usually purchased when already in fruit.

In the home, the potted plants should be kept in a well-lighted location, and the growing medium kept uniformly moist. The ornamental pepper usually requires no fertilizer once it is in fruit.

Although the fruits usually are edible, ornamental peppers often are treated chemically to control pests. In general, it is recommended the fruit not be eaten.

## Purchasing Transplants

Most home gardeners find it more convenient to buy their pepper plants rather than to grow their own from seed due to insufficient space, lack of time, and inadequate growing conditions. When purchasing

plants, select those that are sturdy, dark green in color and not yet in bloom. Leaves should be fully expanded and free of disease and insects.

Transplants are available in packs of six to eight, in flats of several dozen, or in individual containers. Those in individual containers are transplanted with the least amount of shock because the roots are not disturbed when they are set out in the garden. Plants grown in individual containers may cost more, but they usually are worth it.

## **Growing Transplants**

When growing your own pepper transplants, sow the seeds six to eight weeks before the plants are to be set in the garden. The seeds may be planted into small pots, growing containers or flats, and later transplanted into individual growing containers.

Seeds can be germinated directly in individual containers without transplanting to other containers. Pots with more than one seedling should be thinned to a single plant.

Various commercially prepared mixtures for starting seeds are available. These are generally easier to use than preparing your own mix because they do not require the preparation.

You can make your own soil mix for germinating seed by combining two parts garden loam soil, one part sand, and one part peat (by volume). Both the container and soil mix should be sterilized before use. This can be done by placing them in an oven and heating for 30 minutes at 180° F. Use only those containers that will not melt or catch fire.

Previously used plastic containers, which may harbor diseases, can be reused by disinfecting them in a 5 percent solution of bleach for 20 minutes.

Cover the seeds with 1/2 inch of soil. For good germination, keep the soil moist and at a temperature of 70 ° to 80° F.

Covering the flats or pots with a sheet of plastic or pane of glass helps maintain the proper moisture and temperature. When the germinating seeds break through the soil surface, remove the cover and water the soil only as necessary to keep it moist to the touch.

Transplant young seedlings into growing containers when the stems have straightened and the first true leaves have opened. This is usually 15 to 20 days after the seed was sown.

When transplanting young pepper seedlings, hold the plant by one of the leaves. Pressure on the stems can cause permanent damage.

Young plants should be exposed to full sunlight, if possible. Artificial light may be necessary if adequate sunlight is not available. The best temperatures for growing transplants are from 65° to 80° F during the day, and 60° to 70° F at night. Growing the plants in a hotbed or cold frame works well.

## **Transplanting to the Garden**

Pepper plants require more care than many other types of plants when transplanting them to the garden. Hardening the plant enables it to withstand the planting shock. The hardening process should begin 10 days to two weeks before planting peppers in the garden. To start the hardening process, move plants in

their containers outdoors to a shady spot. A cold frame works well for this purpose.

Move the plants into sunlight for short periods each day, gradually increasing the length of exposure. Reduce the frequency of watering to slow growth, but don't allow the plants to wilt. Do not put tender seedlings outdoors on windy days.

Transplant the pepper seedlings outdoors when 1) the soil temperature is above 55° F, 2) the risk of frost is low, and 3) the plants have been hardened.

The frost free date in Nebraska varies from year to year and location to location. Some years you can get by with an earlier planting date than in others.

Protect the plants with paper or plastic covers (hotcaps), newspapers or boxes if there is danger of frost.

Set the plants slightly deeper in the soil outdoors than they were growing in the container, especially if they are leggy. If plants are in peat pots, tear back the peat on one side of the pot. Press the soil firmly around the plant so a slight depression is formed to hold the water. Water the plants immediately.

Distances between plants depend on the variety used. In general, set the plants 18 to 24 inches apart in rows 3 feet apart.

Pepper plants should not be topped at transplanting time. Topping removes the area of first flower buds and delays first fruit set and fruit harvest.

## **Planting Site**

Plant pepper plants in full sun. Plants growing in partial shade produce less than optimum yields and take longer to produce ripe fruit.

The site should have fertile, well-drained soil. Individual plants may be grown in large containers, but these plants need more attention as the soil tends to dry out quickly.

## **Soil Preparation and Fertilization**

Garden soils can be tilled or spaded in the fall after the harvest season, or in the spring before planting. Soil should not be worked while it is wet.

A soil test may be necessary to determine the fertility of your soil. If soil nutrition is low, apply 2 to 3 lbs of a complete fertilizer (ex: 5-10-10, 6-12-12, or 9-16-16) per 100 square feet of garden area when preparing the soil.

A side dressing of 1/4 cup fertilizer in a 2 foot circle around the base of the plant immediately after flowering may be beneficial on soils low in nitrogen. Excessive nitrogen fertilizer tends to force the plants to produce too much foliage and little fruit. Do not over-fertilize.

## **Watering**

Peppers need about one to two inches of water each week. This varies according to temperature, type of soil, rainfall and whether or not a mulch is used. Sandy soils require more frequent watering.

Heavy soakings at weekly intervals are better than many light soakings as light, frequent waterings promote shallow root systems. Mulching reduces water loss from the soil.

## Weed Control

Weeds compete with pepper plants for sunlight, nutrients and water. In the average home garden, weeds are best controlled with cultivation or mulches. In large plantings, herbicides can be used (see NebGuide G79-333, *Weed Control in Gardens and other Horticultural Crops*).

Mulches help keep weeds down, reduce water loss and stabilize soil temperatures. Inorganic mulches, such as polyethylene, are available in many garden stores.

Organic mulches such as straw, leaves or dried grass clippings (burying roots in 3-4 inches of green grass clippings can damage the plants) also can be used. Organic mulches should be at least 2 inches deep and preferably 3 to 4 inches deep.

Mulching the soil too early in the season with organic mulches keeps the soil cool, resulting in slow growth and poor fruit set. It also can cause shallow rooting. Inorganic plastic mulches, however, increase soil temperatures and promote earlier growth and production.

## Harvesting

The average yield of pepper plants varies with the variety planted. Bell peppers produce less fruit per plant (seven to 10), but larger fruit than other types.

Pepper fruit usually are picked when they have stopped increasing in size and are firm to the touch. Sweet peppers are generally harvested when they are full-sized, but at an immature stage before they ripen to their final color. Fruit left on the vine until completely ripe reduces the total productivity of the plant. However, many individuals enjoy the ripe red, yellow, or green ones, as well as the immature ones.

Cutting instead of pulling is recommended when harvesting pepper fruit from the plant because the branches are brittle and can break easily.

Total yields have been reported to be improved when fruit is harvested without waiting for the peppers to grow to full size. Hot varieties are harvested either immature (green or yellow) or mature (red) for pickling, canning, fresh use or dry seasoning.

## Problems

Peppers are subject to a number of problems. These include diseases, insects and problems brought on by weather and other environmental factors.

**Blossom-end** rot of peppers in Nebraska usually results from an irregular or insufficient supply of moisture. This problem is characterized by small areas at or near the tip of pepper fruit that become light brown and sunken. They develop a leathery texture as the fruit reaches full size. It is usually more of a problem on the first fruit.

Mulching helps avoid this condition. Avoid frequent light waterings.

Parasitic disease organisms are not responsible for blossom-end rot, so fungicides are of no value in its control.

**Poor fruit set** in peppers can be caused by a number of factors. In Nebraska, certain varieties may fail to set early fruit more frequently than other types.

Poor fruit set can be caused by plants being stunted from being too old when transplanted, having been too dry sometime before or after planting in the garden, too much nitrogen fertilizer, and either too low (less than 55° F) or too high (above 75° F at night or 90° F during the day) temperatures in the garden. Fruit set usually occurs when milder conditions return. Large-fruited types tend to drop many of the flowers that form after several fruits have started to develop on a plant.

**Sunscald** on pepper fruit is caused by exposure of the fruit to direct sunlight, especially after being shaded by foliage. Sunscald is characterized by a light-colored area that becomes slightly sunken, with a papery appearance. Keep the plants vigorous and healthy so leaves do not wilt excessively, and foliage protects the fruit from direct sunlight.

**Insects** occasionally are a problem on peppers in Nebraska. Cutworms may feed on new leaves or cut the stems on small plants. Insect management guides are found in *EC89-1553, Insect Management Guide for Garden Vegetables*.

**Diseases** of peppers include seed rot, damping off, virus infection and bacterial spot. Seed treatment and proper growing conditions can reduce seed rot and damping off (see NebGuide G78-419, *Damping Off of Young Garden And Greenhouse Plants*). Mosaic, a virus disease, can be avoided by growing mosaic resistant varieties. Other diseases of peppers and their control are listed in NebGuide G76-309, *Vegetable Disease Control Guide*.

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