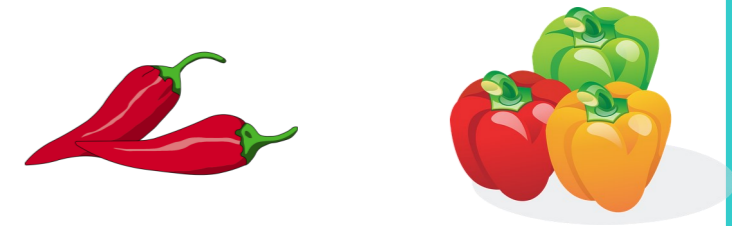


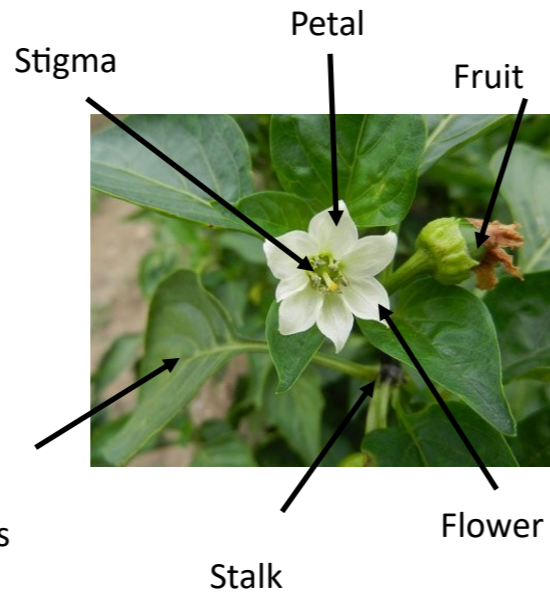


All about Peppers



FLOWER

Flower helps in reproduction



Leaf performs photosynthesis



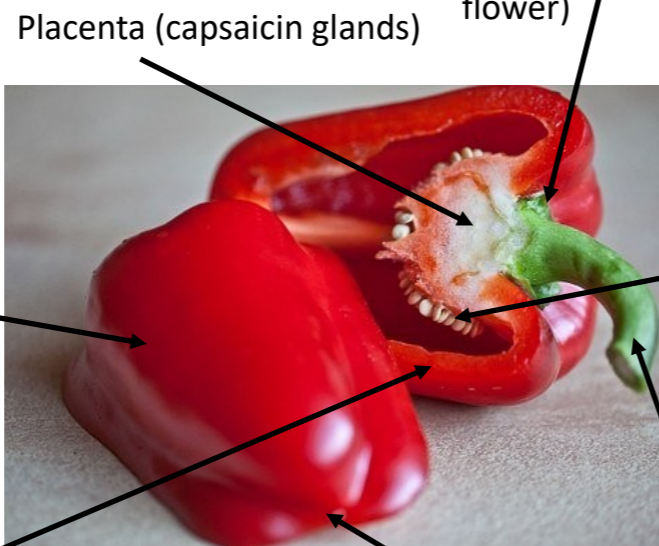
Stem supports the plant

Fruit protects the seeds

Primary roots Absorb water and minerals

FRUIT

Calyx (the green spiral that encloses and protect the flower)



Seeds

Exocarp (the skin)

Mesocarp (the middle layer of the fruit)

Apex (the tip of the fruit)

Peruncle (the stem)



Endocarp (the inner layer of the fruit that surrounds the seeds)

What are Peppers ?

Peppers are actually fruits because they are produced from a flowering plant and contain seeds - most people think of them as vegetables. Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen. Red bell peppers have more than twice the vitamin C of a green pepper.

Peppers are from a plant family called the 'capsicum genus' a group of flowering plants from the nightshade family. There are two different types of pepper: those that are sweet and those that are hot. The hot peppers are called chilli peppers and they have one major difference when comparing them to the sweet variety, a chemical called 'capsaicin'. Capsaicin is produced inside the placenta (or capsaicin glands) of the pepper. It can cause a burning sensation or hot taste. Sweet peppers are only one of a few varieties of pepper that do not produce capsaicin, which is why they are sweet and not hot.

The absence of capsaicin in bell peppers is because of a recessive form of a gene that gets rid of capsaicin. That's also why some people refer to bell peppers as sweet peppers!

All peppers are green peppers. They change colour when they are riper! Packages of 3 bell peppers, green, yellow and red are sometimes sold as "Traffic Light Peppers."













The genetics of peppers is quite complicated but suffice it to say that chilli peppers and sweet peppers are different varieties, pepper hotness is measured in "scoville units" and is not dependant on the size or shape of the fruit. The growing conditions will also influence the heat of pepper, generally the more stress the plant receives the hotter the pepper.

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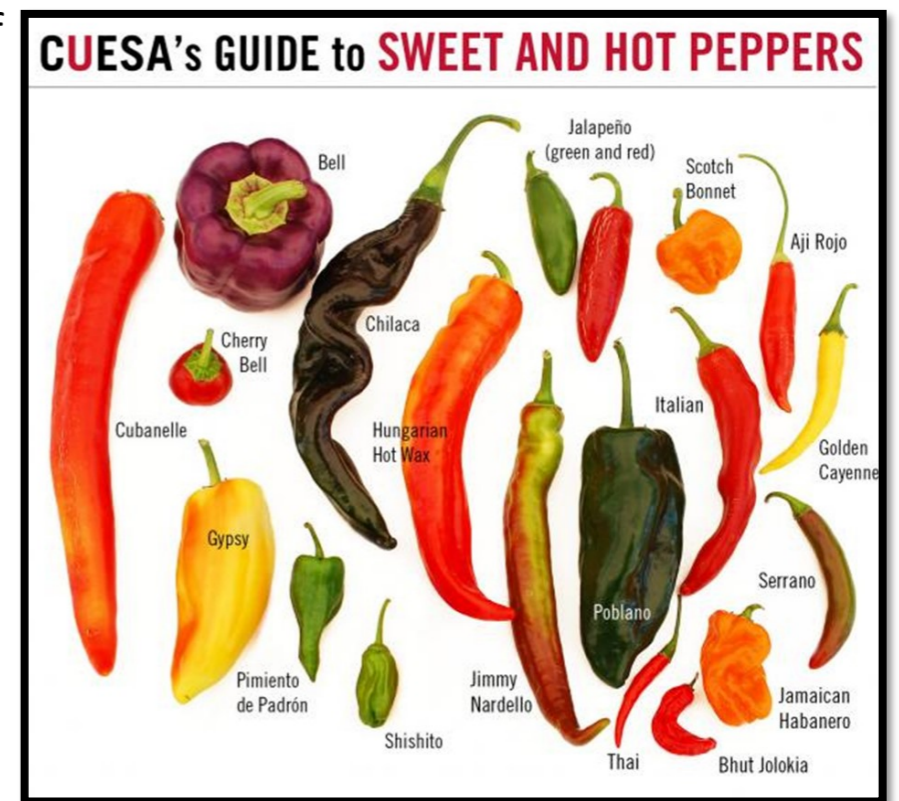


Check out our Perfect Pepper facts for children:

-  Botanically speaking Peppers are fruits that grow from the flowers of the capsicum plant.
-  Capsicum name comes from Greek word “kapto” which means “to bite” while “pepper” come from the similarity in taste with “black pepper.”
-  Peppers come from Mexico, Central America and northern South America
-  In Britain, we can grow peppers with the help of greenhouses (glasshouses) and polytunnels that keep the plants warm.
-  Peppers come in many forms. In Britain, we generally call hot varieties chilli peppers and sweet varieties simply ‘peppers’.
-  Peppers grow on plants with single white flowers that develop into fruit. They belong to the same family as the tomato plant.
-  Peppers are green when unripe and red when fully ripe. Some turn yellow, orange and purple during the ripening process. The longer the pepper grows, the sweeter it becomes
-  Peppers can be eaten raw in salads, or cooked in meals such as stir-fries.
-  A jalapeño is a medium-sized chilli pepper, usually eaten when green. It has a very hot flavour and is commonly used in Mexican cooking
-  The pulpy white area, and the seeds of a sweet pepper are usually thrown away. They can be eaten, but have a bitter taste.

PEPPERS ALSO COME IN DIFFERENT SHAPES AND SIZES:

There are thousands of different varieties of peppers grown worldwide, each with different shapes, colours and flavours.



The longer the pepper ripens on the plant, the richer in nutrients it becomes

Peppers are a rich source of vitamin C, which is good for energy levels and a normal immune system. They have more vitamin C than an orange. Half a cup of chopped peppers contains around 155 milligrams of vitamin C, whilst one orange only contains around 70 milligrams.

Traditional Chinese Medicine used bell peppers as treatment for some medical conditions like poor blood circulation, indigestion, loss of appetite, swelling, frostbite and digestive issues

