

# How to Grow Peppers

Crisp, juicy, and oh-so refreshing.



## Why We Love Peppers

From the tongue-searing serrano to the sweet bell, peppers come in all shapes, sizes, and levels of spiciness. And the culinary applications of peppers are equally varied — raw snacks, pizza toppings, curry pastes, and much more. As if that's not enough, peppers are good for you, too, offering carotene, vitamin C, antioxidants, and other nutrients.

## Varieties

- **Sweet Peppers** – The most common kind of peppers, sweet peppers come in many forms, but all are known for their mild flavour. Bell peppers — named for the bell shape of their fruit — are the most recognizable.
- **Mildly Hot Peppers** – Though these peppers are officially considered hot, they're often described as having just a little bite to them. Peppers that fall into this category include poblano, Anaheim, paprika, and pepperoncini.
- **Medium Hot Peppers** – If mildly hot peppers are too meek for your taste buds, but you're not sure you can handle the heat of really hot peppers, then medium hot peppers such as jalapeño, red Fresno, and Hungarian wax peppers might be just right.
- **Hot Peppers** – Some like it hot! Hot peppers will bring tears to your eyes and make you break out into a sweat. Thai chilli and habaneros are examples of hot peppers.

## What You'll Need

- Tower Garden Growing System
- Seeds included in your [Seedling Starter Kit](#)
- Net Pots
- Tower Garden Support Cage (optional)
- Access to power source

## Directions

1. Germinate your seeds. This step will take roughly 1-2 weeks. Pepper seeds should be ready for transplant (about 3-4 weeks) when they have a good root system growing from the rockwool cubes.
2. Place one seedling cube into each net pot on your Tower Garden Growing System. Pepper plants can get relatively large, so we suggest placing the plant(s) in the middle or lower tier(s) of your Tower Garden.
3. Gently press the seedling cube until it touches the base of the net pot.

### GROWING INFORMATION

## Peppers

### DIFFICULTY



### INDOOR VS. OUTDOOR

**Outdoor**

### TIME TO HARVEST

**12-18 weeks**

### BEST TOWER POSITION

**Middle or Bottom**



## Growing Conditions

**Temperature:** 16°C–32°C

### Light

For outdoor – minimum 6-8 hours of full sunlight daily

For indoor – set grow light timer for 14-16 hours on, 8-10 hours off

### Watering Cycle

Please set the Tower timer to “O” for outdoor growing



## Maintenance & Pest Prevention

- Check water and pH levels at least weekly.
- Keep roots away from pump.
- If not in full sun when outdoors, rotate garden regularly for even growing.
- Clean pump monthly.
- Check regularly for pests.
- Remove or dispose of any dead or diseased plant material.



## Harvesting

- Most peppers change colour from green to red, yellow, purple, or orange when they're ripe. As the colour of the fruit changes, so does the flavour.
- Keep in mind that peppers don't continue to ripen once you remove them from the plant, so leave them attached until they're as ripe as you want them.
- It's perfectly fine to harvest peppers before they reach full maturity. In fact, the immature fruit of some varieties is actually more flavourful.
- Make sure to use a knife or shears to remove the peppers from the plant so you don't cause injury to the rest of the plant.
- To harvest, make a cut above the cap of the pepper, leaving a portion on the stem still attached.



## Ways to Enjoy

- **Raw with Hummus** – Looking for a healthy alternative to chips and dip? Slice up some fresh bell peppers and dip them into hummus for a nutritious snack.
- **Dice and Toss** – Elevate your pizzas, pastas, omelettes, or any other of your favourite dishes with some fresh diced pepper. Works great with both sweet and spicy varieties.
- **Grilled** – Make room on the grill for some bell peppers the next time you're making burgers. Simply drizzle with olive oil, sprinkle with salt, and throw it on the barbeque.

For more information about growing peppers, please visit [towergarden.com](http://towergarden.com).

