

FARMER IN THE FIELD



By Bonnie Swank

PEPPERS!

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As I sit down to write this article it is obvious that our so called summer has slipped away and with it so go many of the fruits and veggies we all love. If you are a pepper lover like I am you're relishing in a bounty of colorful crunchy sweet to hot peppers. When I was young, it seemed like there were only green bell peppers to choose from and that was it. Today you have red, yellow, orange, white even purple bells. They are the perfect vegetable to liven up any meal or occasion. If a farmer wants to grow green peppers he plants red bell pepper seeds and harvests them while they are still green. Otherwise he leaves them on the plant to mature and ripen into a sweet red pepper. My preferences, after the red bell, are the yellow and orange but if you're expecting the same from a purple bell you'll be disappointed as it is just a green pepper inside.

On the spicier side I love a roasted Pasilla pepper (see my Chili Relleno recipe in the July issue). When shopping for jalapeno peppers you may want to try before you buy because many of the commercial peppers have been bred to have less heat. If you really want *HOT*, find yourself a Naga Jolokia, more commonly known as the Ghost Pepper and get ready for the burn because it has been deemed the hottest pepper in the world.

Almost every culture has their favorites but whatever your preference sweet to hot there is certainly a lot to choose from. Enjoy!