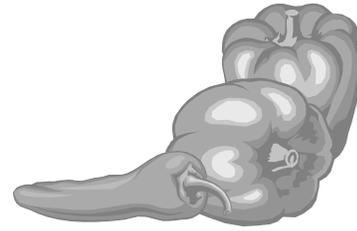


# Peppers



**NUTRITION:**

Peppers are a significant source of vitamins A and C. One cup diced raw green peppers contains 34 calories.

**HOW TO SELECT:**

Peppers range from mild to fiery in taste. Very hot peppers are usually small (1-3 inches long); mild peppers are usually bigger (4-10 inches long). Anaheim, Colorado and Hungarian Yellow Wax are mild pepper varieties. Choose a mild pepper when the recipe calls for long green chiles.

Small, very hot peppers provide a distinct taste to salsas. Jalapeno is the most popular hot pepper. Other varieties include Serrano, Cayenne, and Tabasco. You may substitute bell peppers for some or all of the long green chiles. Canned chiles may be used in place of fresh.

**CAUTION:** *If you choose hot peppers, wear plastic gloves while handling them, and wash hands thoroughly with soap and water before touching your face.*

**STORAGE:**

Peppers should be used soon after harvest or purchase. If storage is necessary they may be refrigerated up to one week.

**DRYING:**

**GREEN CHILI:**

Preparation: To loosen skin, rotate pepper over flame or scald in boiling water. Peel, split pods, and remove seeds and stem. **NO PRETREATMENT IS NECESSARY.**

Drying Procedure: Spread in a thin layer on trays. Dry at 140 degrees F. until crisp and brittle, 8-12 hours.

**RED CHILI:**

Preparation: Select mature pods. Wipe clean with damp cloth. String whole pods together with needle and cord or hang bunches, root side up in a dry place. **NO PRE-TREATMENT IS NECESSARY.**

Drying Procedure: Drying time at 140 degrees F, 8-12 hours. Dry until pods are shrunken, dark red, flexible.

Store dried chiles in air tight and vapor proof containers.

**FREEZING:**

Chili peppers may be peeled and the stems and seeds removed. Flatten whole peppers to remove air. Pack into containers. Place waxed paper between peppers for easier separation. Seal and freeze. Peppers of all kinds may be diced and frozen. **NO BLANCHING IS REQUIRED.**

**CANNING:**

**PRESSURE CAN**

Use only half-pint or pint jars to can peppers.

**Standard Peppers:** Fill jars loosely with peeled, cored, or flattened sweet or hot peppers. Add 1/2 teaspoon of salt to each pint, if desired. Add hot water, leaving 1 inch headspace. Adjust lids and process in a pressure canner.

**Hot Pack:** Half-pints or pints, 35 minutes at 11 pounds pressure with dial-gauge canner or 10 pounds pressure with a weighted gauge.

**PICKLING:**

**WATER BATH CAN**

**PICKLED PEPPERS**

7 lbs. firm bell peppers	3 cups water
3 1/2 cups sugar	9 cloves garlic
3 cups vinegar (5%)	4 1/2 tsp. canning or pickling salt

Select and wash sweet peppers. Cut into quarters, remove cores and seeds, and cut away any blemishes. Slice peppers into strips. Boil vinegar, water, and sugar for 1 minute. Add peppers and bring to a boil. Place 1/2 clove of garlic and 1/4 teaspoon salt in each sterile half-pint jar; or double the amounts for pint jars. Add pepper strips and cover with hot vinegar mixture, leaving 1/2 inch headspace. Adjust lids and process jars in boiling water bath canner for 5 minutes. Yield: About 9 pints.

**PICKLED HOT PEPPERS**

4 lbs. hot long red, green, or yellow peppers (Hungarian, banana, chile, jalapeno)	5 cups vinegar (5%)
3 lbs. sweet red and green peppers, mixed	1 cup water
	4 tsp. canning or pickling salt
	2 tbsp. sugar
	2 cloves garlic

Wash peppers. If small peppers are left whole, slash 2 to 4 slits in each. Quarter large peppers. Blanch in boiling water or blister skin to peel. (To blister, place peppers in the oven at 400 degrees F. or under the broiler for 6-8 minutes until skins blister.) Allow peppers to cool by placing in a pan and covering with a damp cloth. After several minutes, peel. Flatten small peppers. Fill half-pint or pint jars, leaving 1/2 inch headspace. Combine and heat other ingredients to boiling and simmer 10 minutes. Remove garlic. Add hot pickling solution over peppers, leaving 1/2 inch headspace. Adjust lids and process half pints or pints 10 minutes in a boiling water bath canner. Yield: About 9 pints.

For additional information and recipes request:  
PNW 0395 SALSA RECIPES for CANNING (\$1.00)

Call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

**HANDOUT DEVELOPED BY: WSU Master Food Preservers**  
**Under the direction of**  
**Joanne Austin, Skagit County Extension Faculty**  
**WSU Skagit County Extension**