

# Pepper PLus Pack Paquete Pimienta PLus

LatinX Chili Peppers & Herbs  
Chiles y Hierbas Latinx



# LatinX Chili Peppers



## Chilaca

Plant spacing: 18 - 24 in & Row Spacing: 18 in. Requires full sun (6-8) hours per day, and mulching with a 2-3 inch layer of organic compost (3) weeks after planting. Caging or staking is suggested. Peppers are mature and ready for harvesting in about 85 days from planting. Harvest peppers leaving a length of stem when curved fruits are about 7 to 10 inches in length and color is red to a deep brown. Chilacas are native to East Central Mexico with a height potential of 24 to 30 inches.



## Habanero

Plant Spacing: 14 - 16 in & Row Spacing: 24 - 36 in. Requires full sun (6-8) hours per day, and mulching with a 2-3 inch layer of organic compost (3) weeks after planting. Caging or staking is suggested. Peppers are mature and ready for harvesting 80-90 days from planting. Harvest peppers leaving a length of stem when fruit is 1 to 2.5 inches long and fruit is bright orange or red. Habaneros are native to the Yucatan Peninsula in Mexico with a growth potential of (3) ft.

Scoville Heat Units: 100,000 – 350,000 (SHU)



## Poblano

The poblano pepper is a popular Mexican chili pepper, very dark green in color, ripening to dark red or brown. They are mild, large and are heart-shaped. The Poblano Chile originated in Puebla, Mexico, a region in the heart of the country. It is said to have grown wild in the mountainous areas near Puebla – quite possibly in Cholula, which is thought to be the oldest continuously inhabited city in Mexico. They are one of the most popular peppers grown there. The poblano plant is multi-stemmed and can reach up to 25 inches high. The pods grow 3-6 inches long and 2-3 inches wide.

Scoville Heat Units: 1,000 – 2,000 (SHU)



## Serrano

Serrano peppers are meaty peppers and are not the best choice for drying, though it can be done. The serrano pepper originated in the Mexican states of Puebla and Hidalgo, in the mountainous regions. The name of the pepper, serrano, actually is a reference to the mountains (sierras) of those areas. The serrano steps it up a nice level, and has a fresh flavor similar to the jalapeno. Serrano pepper plants can reach a height of up to 5 feet tall, though smaller plants are more normal. They're very productive plants, holding up to 50 pepper pods at one time.

Scoville Heat Units: 10,000 – 23,000 (SHU)

Scoville Heat Units: 10,000 – 23,000 (SHU)

# LatinX Herbs

## Culinary & Medicinal

### Epazote

Epazote characterizes the taste of Mayan cuisine in the Yucatan and Guatemala. The name "epazote" comes from the Nahuatl words, epote, meaning disagreeable or foul, and epatzotl, meaning "sweat," reflecting its strong aroma. The Swedes call it citronella, because of its lemony undertones. Another variety is used in the southern United States as a cure for intestinal worms, thus, the origin of epazote nickname, "wormseed." Epazote is native to central and southern Mexico and Central America. It is cultivated in the United States, Mexico, Asia, Europe, and Central America. Epazote helps prevent flatulence, and Mexicans use it in many bean dishes. Mexican mothers steep the herb in milk and sugar and serve this tonic to their children to rid them of intestinal parasites. It is also used to treat dysentery. Epazote is extremely easy to grow from seed in a full sun location with moist, well-drained soil. In order to have a fresh supply of leaves it is suggested to make successive sowings of Epazote every 2-3 weeks. Epazote self-seeds very freely and may become invasive in the garden.

