

Pepper Growing Guide

Growing Peppers in Your Garden

Growing pepper plants in your garden is a fun way to add a pop of color and spice to an otherwise simple vegetable garden. These prolific plants come in so many varieties and, more importantly, flavors that there are a million different ways to utilize these spicy treats. From the sweet bell pepper to the extreme Trinidad Scorpion, choosing the right pepper for your vegetable garden can be a fun process.

Which Type of Pepper Should You Grow?

Peppers have hundreds and hundreds of varieties in all kinds of shapes, colors, sizes, and flavors. A good place to start deciding really comes down to what you and your family like, how you intend to use them, and how much space you have.

While you can absolutely grow peppers from plants that are already established, we always suggest [starting pepper plants from seed](#). Starting your pepper plants from seed gives you the opportunity to have access to unique varieties that commercial growers otherwise don't as well as the ability to experiment with different types to see what grows best in your garden.

Hybrid & Heirloom Pepper Plants

If you've ever explored the world of growing your own vegetables, you've no doubt heard the terms hybrid and heirloom. Heirlooms are varieties that have not been crossbred for 40-50 years or more. These varieties can be passed down through generations and keep their characteristics through those generations because of the careful planting to prevent cross-pollination.

Hybrid varieties have been specifically bred to have characteristics that are desirable to the grower. These characteristics can be anything from size, color, flavor, or disease resistance. When planting a hybrid variety, you have a much better idea of the

characteristics of the fruit that the plant will produce. Most people tend to be much more successful planting hybrid peppers because of their improved disease resistance.

So which type of pepper do you plant?

Well, we recommend both. Heirloom peppers will have an unexpected yield typically, but what you do get is not only special because of its history, but the flavor is phenomenal. Hybrids are tried and true and will give you a great crop that is reliable. Plant both and experiment with multiple varieties.

Our Favorite Peppers to Grow



Can You Grow Peppers In Containers?

The short answer is ABSOLUTELY! Peppers are very well suited to grow in containers and make an excellent choice for small space gardens. One main reason is that

peppers are very sensitive to cold so if you have an unexpected late frost, having your pepper plants in containers makes it very easy to just move the inside and out of the danger of being damaged by frost.

Pepper plants grow similar to indeterminate tomatoes, so they have one of an upward growth habit, making them perfect for getting a lot of peppers and maximizing your garden space. For example, our [15 Gallon Root Pouch](#) can comfortably grow up to 4 pepper plants with a tomato cage or heavy-duty stakes and that will give the root structure plenty of room and enough space to grow upward for a really nice pepper harvest.

Did you know?

The substance that gives peppers their heat is called capsaicin. Capsaicin stimulates nerve endings in your skin, mouth, and other mucous membranes, causing a sensation of heat or spiciness. The spiciness level of peppers is measured using the Scoville scale, which ranges from 0 (no heat) to over 2 million (extremely hot). The Carolina Reaper, currently one of the world's hottest peppers, can reach over 2.2 million Scoville Heat Units (SHU).