

Growing Chili Peppers in the Triad, Capsicum & Scoville Units Nannette Wilson 1/21/2016

References:

DeWitt, David and Gerlach, Nancy. *The Whole Chile Pepper Book*. NY, NY: Little, Brown and Company, 1990.
Hemphill, Ian. *The Spice and Herb Bible : A Cook's Guide*. Toronto, Ontario: Robert Rose Inc, 2000. pp 119-29
Caleb, Robert S, Leigh, Evelyn & Morein, Krista. *Best Herbs for Healing*. Paramus, NJ: Prentice Hall, 2000. pp 96-104
Schlosser, Kathy (Editor) *The Herb Society of America's Essential Guide to Growing, and Cooking with Herbs*.
Baton Rouge: Louisiana State University Press, 2007. pp 29-30 pp. 225 Cranberry Salsa Recipe
Tucker, Arthur O. & DeBaggio, Thomas. *The Big Book of Herbs*. Loveland, CO: Interweave Press, Inc., 2000.
pp 206-226

Herb of the Month, Jan. 2016 Peppers Fun Facts: <http://herbsociety.org/herbs/documents/DidYouKnowPeppers.pdf>
Recommended for Chiliheads: Anderson, Jean. **Peppers: The Domesticated Capsicums**

Websites

Capsaicin (Chemistry, History, Uses, Mechanism of Action, Toxicity) <http://en.wikipedia.org/wiki/capsaicin>
Chili Pepper History & Table of Taxonomy for Capsicum <http://ushotstuff.com/history.htm>
Growing Chili Peppers www.bbg.org/gardening/article/growing_chili_peppers
List of Capsicum Peppers, Recipes, (also Pinterest) (Pepper Lovers Site for Spice) www.Cayennediane.com
Making Your Own Hot Sauce www.gardenguides.com/articles/hotsauce.htm
Medical Use & Health Benefits of Hot Chile Peppers <http://ushotstuff.com/medical.htm>
Susan Belsing Vegetable Gardener www.vegetablegardener.com/item/62382/capsicum-herb-of-the-year-2016



Capsaicin (kaep'sai.sin) 8-methyl-N-vanillyl-6-nonenamide is the active component of chili peppers which are plants belonging to the genus *Capsicum*. The fruit is called paprika in some other countries. It is an irritant for mammals, including humans and produces a sensation of burning in any tissue with which it comes in contact. Capsaicin is a volatile, hydrophobic, colorless, odorless, crystalline to waxy compound. Eggplant & tomatoes are also plants of the Solanaceae family. Peppercorns are not a member of this genus as they belong to *Piper* genus. Remember if you are growing peppers they can cross pollinate and you may not get the intended flavor... and if you save the seed for next year ??? Photo of cayenne pepper (*Capsicum annuum*) plant and parts from: <http://botanical.com/botanical/mgmh/c/cayenn40.html>

<< **Scoville Unit Scale:** http://en.wikipedia.org/wiki/Scoville_scale The Scoville scale is the measurement of the pungency (spicy heat) of chili peppers or other spicy foods as reported in Scoville heat units (SHU) - a function of capsaicin concentration. The actual hotness of any particular pepper depends on many different factors such as location, type of soil, the amount of water, etc. The scale is named after its creator, American, Wilbur Scoville. His method was devised in 1912. Unlike methods based on high performance liquid chromatography (HPLC), the Scoville scale is an empirical measurement dependent on the capsaicin sensitivity of testers. So, is not a precise or accurate method to measure capsaicinoid concentration. Scoville soaked each variety of pepper separately in alcohol overnight. Because capsaicin is soluble in alcohol, the soaking extracted the pungent chemical. Then he took a precise measure of the extract and to it added sweetened water in incremental portions until the presence of pungency was detectable on his tongue. The amount of extract added for each individual of pepper he detected determined its numeric SCH rating. You may see some ratings of the Capsaicin rated as another Heat Index 1-10. Bell Peppers have no Capsicum.

Partial Table of Hot Peppers Heat Scale <http://www.chilliwizards.co.uk/scoville-scale-16-w.asp>

Sources Of Chilies/Blends: Super G Market on W. Market St, Savory Spice Shop - Friendly Center, Earth Fare—bulk spice section, Penzey's Spices @Cameron Village near NC State Campus, Raleigh, NC... or can order online

Definition of a Chilihead: someone who enjoys eating chili peppers—especially hot ones. You walk past a garden and automatically look for pepper plants. Your family cannot breathe because of vapors emitting from the kitchen.