

Recipe: Roasted Pepper and Fennel Bulb Salad

Serving Size: 1/6 recipe; Yield: 6 servings; Calories per Serving 172

Ingredients:

1 medium bell pepper
1/3 cup pine nuts
3 tablespoons sesame seeds
1 head leaf lettuce – rinsed, dried, and torn into bite-sized pieces
1/2 bulb fennel, diced
2 tablespoons soy sauce
1/4 cup vegetable oil
Black pepper to taste

Instructions:

1. Preheat broiler. Grill pepper under the broiler until the skin is blackened, and the flesh has softened slightly. Place pepper in a paper bag to cool. Remove the seeds

and skin once cooled. Slice into strips.

2. Set oven to bake at 350 degrees F. Place pine nuts and sesame seeds on a baking sheet, and toast until beginning to brown.
3. Combine lettuce greens, fennel bulb, and red pepper in a salad bowl. In a small bowl, whisk together soy sauce and vegetable oil. Pour over salad, and toss to coat. Sprinkle with pine nuts and sesame seeds, and season to taste with ground black pepper.

Source: Adapted from Allrecipes.com

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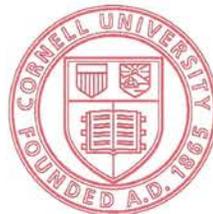
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2009

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Vegetable Growing Guide: Pepper

Cornell Cooperative Extension Clinton and Essex Counties

Pepper Facts



Recommended

Varieties:

Early:

- Ace
- Apple
- Golden Bell
- Lipstick

Main Season:

- Boynton Bell
- Golden Bell
- King Arthur
- Sweet Banana
- Sweet Chocolate

Hot:

- Anaheim
- Cayenne Long
- Hungarian Yellow Wax

Peppers can be a challenge to grow in the cooler areas of New York state. The many varieties of sweet and hot peppers, *Capsicum annuum*, thrive on full sun, warm weather, and well-drained soil of modest fertility. Two of the hottest peppers are closely related but different species: *Capsicum chinense* (habañero) and *Capsicum frutescens* (tabasco). Green bell peppers turn red when fully ripe. Other varieties are yellow, orange, purple and chocolate brown. Hot peppers, chiles, and others come in many interesting shapes, making them ideal for container gardens or as an edible landscaping plant.

How to Plant

Pepper seeds emerge in 7 to 10 days at soil temperatures around 85 F, and will not germinate below 55 F. Seed can be saved 2 years. Sow seeds indoors, 1/4 inch deep in flats, peat pots or cellpacks, 8-10 weeks before you anticipate transplanting outside. Keep indoor pepper plants in a warm, light location (70 F during the day, 65 F at night). Lack of light will produce leggy, unproductive transplants.

Set plants out 2 to 3 weeks after average last frost, when the soil has warmed and the weather has settled. Don't be in a rush to transplant outside. Cold temperatures can weaken plants and they may never fully recover. A few days at 60 F to 65 F with reduced water will help harden plants and reduce transplant shock since over-hardened plants grow slowly after transplanting. Plant seedlings 12 to 24 inches apart, in rows 24 to 36 inches apart, or spaced about 14 to 16 inches apart in raised beds.



Pests and Diseases

To help reduce disease, do not plant eggplants or other tomato-family crops in the same location more than once every three or four years. Pepper plant pests include aphids, borers, and tarnished plant bugs. Remove aphids with a hard stream of water. Remove borers by hand, and destroy infected plants.

Maintaining pH around 6.5 and providing an even supply of moisture can reduce blossom end rot, a disorder caused by lack of calcium. Cucumber mosaic virus disease causes ringspots and oak-leaf patterns on fruit. Remove and destroy all infested plants. Control aphids that spread the virus. Eliminate perennial weed sources such as milkweed, marshcress and yellow rocket and avoid planting peppers next to susceptible ornamentals.

Maintenance and Care



Peppers require full sun, and soil that is well-drained, light, moderately fertile and high in organic matter. Too much nitrogen fertilizer may promote lush vegetative growth but fewer fruits. Peppers need even moisture for best performance, and respond well to phosphorous fertilizer. Stake tall pepper varieties for earlier and heavier harvest.

Peppers can be temperamental when it comes to setting fruit if temperatures are too hot or too cool. Night-time temperatures below 60 F or above 75 F can reduce fruit set. Using black plastic and row covers can speed early growth. Use caution with row covers not to overheat plants and cause them to drop their blossoms. If not using black plastic, mulch plants after they are well established and the soil has warmed to retain moisture and control weeds.

Harvest and Storage

Harvest before the first hard frost. Sweet peppers should be stored at 45 °F or above.



Sources:

Information for the text was taken from the 2003 Cornell Guide to Growing Fruit at Home which can be found at www.gardening.cornell.edu/fruit/homefruit.html

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.