

PLPA-HG014-07

## **Jalapeño Pepper** (*Capsicum annuum*)



### **Origin**

The jalapeño pepper originated in Mexico. Today many jalapeños are produced in southern New Mexico and western Texas.

### **Food Production**

The jalapeño growing period is 70-80 days. The plants stand about 2 ½ to 3 feet tall. A pepper plant can grow approximately 35 pods. Near the end of the growing season jalapeños tend to turn red file.

### **Nutrition**

These peppers support the growth of healthy red blood cells. It is also thought they boost the immune system, help with the common cold and help with weight control.

### **Famous Dishes**

Stuffed jalapeños, pickled jalapeños, nachos, salsas and chili.