

1

Tonight's Agenda


- Plant Origins and Nutrition
- Cultural Requirements
- Growing From Seed
- Transplanting
- Care and Harvesting of Peppers
- Pepper Varieties and Their Uses
- Care and Harvesting of Eggplants
- Eggplant Varieties and Their Uses
- Pests and Problems
- Tomatillos



Photo by Jean Jones


2

Tropical Plants



3

Yes you can!



Photos by Jean Jones

4

Why Grow Your Own

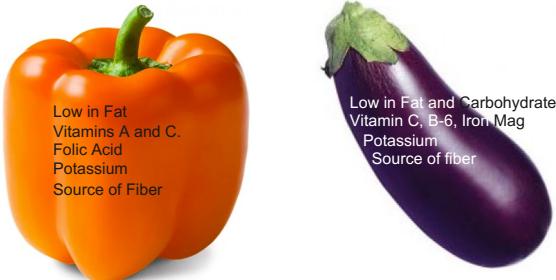


Healthier
Flavor and Freshness
Specialty Varieties
Ethnic Cuisines
Fun

Photos by Jean Jones

5

Why Grow Your Own



Low in Fat
Vitamins A and C.
Folic Acid
Potassium
Source of Fiber

Low in Fat and Carbohydrates
Vitamin C, B-6, Iron, Mag
Potassium
Source of fiber

6

Buying Transplants vs Starting from Seed


Transplants

Pro:

- Easier, time saving, bigger plants
- Buy small plants and up pot to save money

Con:

- May not find the variety you want



Starting you own

Pro:

- more variety available
- fun

Con:

- Time
- Space and equipment required

7

Eggplants

Soil Temp for Germ.	Seed Depth	Days to Emergence	Thin Plants To	Row Spacing	Seed Life	Fertilizer Needs
75—90°F	1/4"	5—17	12—18"	24—36"	2 years	High

Peppers

Soil Temp for Germ.	Seed Depth	Days to Emergence	Thin Plants To	Row Spacing	Seed Life	Fertilizer Needs
70-90°F	1/4"	8—25	12—18"	24—30"	2 years	High

territorialseeds.com

8

Peppers and Eggplants From Seed

Use good seed and seed starter mix

Start indoors not outdoors

Require soil temp of 70-90 degrees to germinate

Use heating pad

Up pot one or two times




Photo by Jean Jones

9

Choosing a Planting Site



photo by Carol Miles-WSU

- Fertile
- Well-drained
- High organic matter
- Full sun (at least 6 hours)
- pH 6.0 – 7.5 slightly acid
- Didn't have solanaceous crops in that spot for two years
- Peppers and eggplants also do well in pots!
- Can follow early crops such as peas, lettuce, spinach or pak choi

10

Transplanting to Garden

Soil temperature is most important.

Consider pre-warming soil

Harden off

Raised beds vs. in the ground

Planting depth and spacing

Use complete, balanced fertilizer at time of planting and a shovelful of compost around each plant



11

Keep Your Plants Warm



<https://extension.umn.edu/yard-and-garden-news>



amazon.com



855-596-7150
www.agfabric.com

12

Making a Simple Cloche

Cover with 3-4 mil "clear" plastic sheeting




13




Care, Harvest and use of Peppers



14

Caring for Pepper Plants

- To fertilize or not to fertilize? (Know your soil!)
- Heavy calcium and phosphorus
- When plants begin to flower fertilize with high phosphorus for best yield.
- Stake or use tomato cages
- Keep moist but not soaking

GUARANTEED ANALYSIS	
TOTAL NITROGEN (N)	3.0%
3.0% Water Insoluble Nitrogen (WINS)	0.00%
AVAILABLE PHOSPHATE (P ₂ O ₅)	15.0%
CALCIUM (Ca)	18.0%
Derived from: Bone Meal	

15

Remember I'm a Tropical Plant

- KEEP WARM!
- Peppers will set fruit between 65-85 degrees
- Regular water and mulch
- If using a cloche remove it when the plants begin to flower for better pollination



photo from pinterest.com



16

Mulches for Your Vegetable Garden

<https://extension.illinois.edu/blogs/good-growing/2022-01-20-common-mulches-used-vegetable-garden>

Consider water and airflow, ease, reusability,, compostability

- Shredded wood mulch
- Arborist chips
- Newspaper
- Straw
- Grass clippings
- Shredded leaves
- Plastic
- Landscape fabric/geotextile
- Biodegradable plastic
- Paper sheeting



photo from pinterest.com

17

Ripeness is a Matter of Degree

Color and size are best indicator

Sweet peppers

- All are green and edible before they turn color
- Picking the peppers while green will encourage more production

Hot peppers

- Hotter if left to ripen to red



18

Some Like it Hot

Pepper Varieties

It's a matter of taste and what you want to use them for.

Choose varieties proven to grow in PNW



Photo by Marcia Dillon

19

So Many Types, So Little Space

Sweet:

Bell type



Photo by Gia Parsons

Uses

- Fresh in salads, sandwiches or snacking
- Blanch, stuff and bake
- Chop and add to any meal
- Chop and freeze
- Charred and roasted
- Sweet pepper sauces



Photos from Johnnyseeds.com

20

So Many Types, So Little Space

Mild:



Lola



Hatch Green Chile Freshly Pickled

Varieties

Lola * Peperoncini * Habanada
Italian Sweet * Sweetie Peppers
Waltz-80 * Hatch green chile

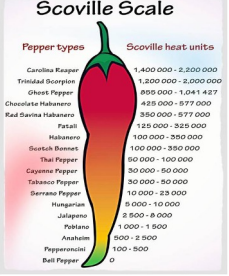
Uses

Fresh
Smoked and roasted
Pickled
Dried
Stuffed

Photos from territorialseed.com and hatch-chili-pepper.com

21

So Many Types, So Little Space



Pepper types	Scoville heat: units
Carolina Reaper	1,400,000 - 2,200,000
Trinidad Scorpion	1,200,000 - 2,000,000
Ghost Pepper	895,000 - 1,041,427
Choculata Habanero	475,000 - 877,000
Red Savina Habanero	350,000 - 577,000
Fatsil	125,000 - 325,000
Habanero	100,000 - 350,000
Szechuan Bonnet	100,000 - 350,000
Thai Pepper	50,000 - 100,000
Cayenne Pepper	30,000 - 50,000
Tabasco Pepper	30,000 - 50,000
Serrano Pepper	10,000 - 25,000
Hungarian	5,000 - 10,000
Jalapeno	2,500 - 8,000
Poblano	1,000 - 5,000
Anchoño	500 - 2,500
Peperoncino	100 - 500
Bell Pepper	0

Hot Varieties

Jalapeno * Hungarian Hot Wax *
Serrano Hot Rod * Thai Red * Fireball *
Cayenne *and more

Cooking Uses

Pepper Jelly
Dried Chilies or Chile Powder
Hot Pepper Sauce
Eat raw (if you dare)

22

So Many Types, So Little Space

HOT!:
Habanero, Pequin, Ghost and so many more





terrificalseed.com <https://www.burpee.com> <https://www.burpee.com>

23



Other Popular Varieties

Variable hotness or mild and hot on same plant

Harvest before they become red

My favorite way to eat these


Saute with a little olive oil in a hot iron skillet or wok until the skins bubble and char slightly and flesh softens. Serve with a sprinkle of Kosher salt. Eat the seeds, stems and all.

24


Peppers for Drying

Paprika
Usually made from a sweet or mild pepper such as Waltz



territorialseed.com

Cayenne
Made from hot peppers



Johnnyseeds.com

vs

25


Care, Harvest and Uses For Eggplants



26

Caring for Eggplants

- Heavy feeders
- Dress with compost at time of planting
- Fertilize with high nitrogen (21-0-0) at time first fruit starts to appear at rate of 1 ½ teaspoons per plant
- Require 1-2 inches of water per week. Keep evenly moist.
- Support plants with stakes or tomato cages



27

Harvest and Storage

Check for ripeness with the thumb test
 Harvest when skin is still glossy!
 Leave calyx attached (beware of spines)
 Cool (55 degrees) in perforated plastic bag
 do not refrigerate!
 Use quickly they have a short shelf life.



photo by Ga Parsons

28

So Much Beauty

Three general types

- Large oval
- Asian elongated
- Novelty types (all others)



https://www.thespruce.com/eggplant-1182827

29

Popular Varieties

Novelty types



Parkseed.com



30

Have a Sunny Patio or Deck?



2-4 inch long fruit Minimum 2 gal pot Feed regularly
 Gretel, Fairy Tale, Hansel, Patio Baby

31

Cooking With Eggplant

Can be eaten many ways

- Sauteed
 - ratatouille
 - Imam Bayildi
- Grilled
- Stuffed
- Roasted (Baba Ganoush)
- Breaded and Fried (eggplant parmesan)
- Asian stir fries
- Can be frozen but best if cooked or blanched first

BUT NOT RAW

32

Cooking With Eggplant

Salting

- What is this
- Recommended in most recipes
- Reduces the amount of oil the eggplant will soak up
- Rids eggplant of excess moisture so it doesn't exude too much liquid during cooking
- Removes bitterness???

Peeling

- Depends on the recipe
- Leave on for color and if dish will cook long enough for skins to be as soft as the flesh
- Skin is more tender on younger and Asian varieties

33

Cooking With Garden Vegetables

Recipes for all your vegetables PLUS

- Essential gardening info
- Storage and preserving
- Marketing (selecting choice vegetables and fruits)
- Other helpful hints



34

Pest Management-Diseases


Jean's first rule

Don't panic!

35

6 Steps to Avoiding Disease


1. Certified seed or plants
2. Crop rotation
3. Proper growing conditions
4. Careful watering
5. Good air circulation
6. Cleanliness



36

Pest Management-Diseases

Curly top (Western yellow blight)
Mosaic viruses




<http://wci.colostate.edu/short/CurlyTopSymptoms.shtml>

37

Pest Management-Diseases

Verticillium wilt

How to Identify Verticillium Wilt



Gradual wilting of plant; yellowing of lower leaves


Internal discoloration of vascular tissue, yet surface root tissue appears healthy

avrc.org

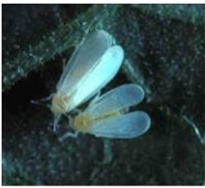
38

Pest Management-Insects

Flea beetles



White flies



<http://hortsense.cahnrs.wsu.edu>

39

Pest Management-Insects

Brown Marmorated Stink Bug

Small text in collage: "Symptoms of feeding injury on peppers from the brown marmorated stink bug. Photo Source: Todd Sharpe, Washington State University/Whatcombs County Extension. Photo by: M. Bush. https://treefruit.wsu."

40

Cultural Problems (mostly peppers)

Blossom end rot
Physiological leaf roll
Sunburn

41

Corking on Peppers

42



43



Easy to Grow

65-80 days to harvest

Conditions the same as tomatoes
Follow the same seed starting, planting and cultivations techniques

Spacing 3 feet

Readily self seed

<https://www.superseeds.com>

44

Care

Require support
 a large tomato cage is best

Regular water

Keep weeds down



photo by Heidi McKibbin Cooper

45

Harvesting and Storage

- Ripe when the husk splits
- Fruit tends to fall to the ground easily
- Store in husk in cool dry place
- All parts of plant are poisonous except fruit



photo by Gia Parsons

46

Varieties

- 'Cisneros' - large green fruit
- 'Toma Verde' - early, large greenish yellow fruit
- 'Purple' - small deep purple fruit



Toronto Growers Supply



Burpee Seeds

47

What do you do with a tomatillo?

- Salsa verde
- Soup
- Salads
- Chicken chile verde
- Avocado salsa verde



<https://littlespiciar.com/homemade-salsa-verde-tomatillo-salsa/>

48



49

Resources

- <https://pubs.extension.wsu.edu/vegetables-growing-peppers-in-home-gardens-home-garden-series>
- <https://pubs.extension.wsu.edu/growing-eggplant-in-home-gardens-home-garden-series>
- Territorialseeds.com


PHOTO CREDITS

If not sited on slide, photos are my own, or from Washington State University Extension publications or clip art.

50

Questions?

51




Spring Series Presentations

2024 Growing Groceries Classes and BDG Garden Workshops

Date	Class
Wed, March 27	Grow Kale, Broccoli, and Related Cole Crops
Wed, April 10	Grow Tomatoes, Peppers, and Other Edible Nightshades
Wed, April 24	What Loves Heat? Cucumbers, Squash, Beans and Melons
Sat, May 4	BDG Workshop – Irrigation and Effective Water Management
Wed, May 8	Savoring What You Sow: Roots and Herbs
Sat, May 18	BDG Workshop – Beneficial Insects

More info: <https://kingcounty.mastergardenerfoundation.org/education/gg/>

52



Master Gardener Resources

Ask a Master Gardener

Send a messages with questions and photos to: ask-a-mastergardener@live.com

Or use the online form at <https://extension.wsu.edu/king/ask-a-master-gardener>

Become a Master Gardener

For information on King County Master Gardener training, visit <https://extension.wsu.edu/king/gardening/become-a-master-gardener>

Applications for the 2025 class will open in September 2024

This institution is an equal opportunity provider. Please report violations through your local Extension office.

53

Thank you!



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King County Master Gardener Program
<https://extension.wsu.edu/king/gardening>

- Demonstration Gardens
- Plant Clinics
- Education Outreach
- Science-based Publications



Master Gardener Foundation of King County
<http://www.mgfkc.org>

- Fundraising for these programs

More information about growing groceries:
<https://kingcounty.mastergardenerfoundation.org/education/gg/>

54
