



Shishito Peppers



Shishito peppers are a Japanese variety of pepper that grows very well in Tennessee's hot summers. It often has a mild flavor, but 1 in every 10 packs about the same amount of heat as a jalapeño. In Japan, these peppers are often prepared by skewering them and grilling them over an open fire. They are becoming more popular in the United States and are showing up at farmers' markets and restaurants.

Growing Tips

Light Requirements: Full Sun

Soil Requirements: Peppers tend to like soil that has good drainage and is nutrient-rich.

Space Requirements: 18-24 inches

Time to Maturity: 60 days to green peppers and 80 days to red peppers

Water Requirements: Soil needs to stay moist through the growing season. Mulch can be applied to prevent evaporation

Time of Year: Summer

Harvest: Peppers are ready when they are 3-4 inches long

Storage: Store unwashed peppers in the refrigerator in a loosely closed bag. Used within one week.

Nutritional Information

Total Fat: 0 g

Cholesterol: 0 mg

Sodium: 0 mg

Total Carbohydrate: 4 g

Dietary Fiber: 2 g

Sugar: 2 g

Protein: 1 g

Vitamin A: 400 IU

Vitamin C: 21 mg

Iron 0.4 mg

