Chilli Peppers

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The more familiar of the two are the spice-type chillies, which have relatively small, thin-fleshed fruit valued mainly for their pungency. Essential in Thai, Indian and Caribbean cooking, they include the cayenne variety and are normally added to dishes in such small quantities that, except for their heat, they usually go unnoticed. In contrast are the vegetable-types that have larger fruits with thicker flesh. They can be fried, stuffed, or added to salads like sweet peppers, and bring both heat and substance to a recipe.

Fruit colour, too, is a variable trait that differs according to both cultivar and stage of ripeness. Depending on the cultivar, unripe fruit are normally a shade of green ranging from light lime to almost black, though they are sometimes pale yellow, a hue of purple or a mix of the two. The colours change as the fruit ripen, turning red, yellow, orange or, less commonly, brown.

The growth habits of the plants themselves also vary depending on cultivar and the cultivation methods imposed on the plants. Some cultivars, for example, are naturally short and compact, others look like shrubs, and still others grow tall and gangly. Planting in pots rather than in the ground often reduces plant size, while pinching out the growing tips of young plants can make them bushier.

Introduction to Chillies

Originating in the New World, chillies have become universal culinary essentials since Columbus’ voyages of exploration. Grown mainly for their edible fruit, they are the pungent relatives of sweet peppers and, botanically, include the five domesticated species of the genus Capsicum:

- Capsicum annum, the most common of the domesticated species, includes sweet bell peppers and many of the cultivated chillies.
- C. chinense, includes the hottest chillies ever measured such as the Caribbean ‘Scotch Bonnet’ and Bangladeshi ‘Naga Morich’.
- C. frutescens, best known for the world famous Tabasco Group chillies.
- C. baccatum, commonly called aji throughout South America.
- C. pubescens, with characteristic dark purple seeds.

The pungency in chillies is caused by a group of chemicals called capsaicinoids. These chemicals are found only in the fruit, and the more concentrated they are, the more pungent the chilli is. Their concentration is governed mostly by the choice of cultivar, though levels are also influenced by growing conditions and age of the fruit.

The degree of pungency is expressed in Scoville Heat Units (SHU), named after Wilbur Scoville, an American pharmacologist who devised a test for measuring chilli pungency in 1912. The scale starts at zero for sweet peppers, which have no heat, and increases up to the current record holders – versions of C. chinense from Bangladesh, Assam and the Caribbean – which have reached pungency levels ranging from about 855,000 to over 1,000,000 SHU.

Chilli fruit differ not only in pungency levels but also in certain physical features that determine their use in cooking. Cultivars can be broadly divided into two culinary types, though once in the kitchen, the distinction between them is often blurred.

RHS Trial of Chilli Peppers

In 2006 the Royal Horticultural Society, as part of a continuing assessment of new and established cultivars for cultivation in an unheated plastic tunnel, held a trial of chilli peppers. RHS vegetable trials are conducted as part of our charitable mission to inform, educate and inspire all gardeners, with good, reliable cultivars recognised by the Award of Garden Merit after a period of trial.

Objectives

The trial aimed to compare and evaluate a range of available chilli pepper cultivars and to demonstrate the cultivation of this crop in an unheated plastic tunnel. The Vegetable Trials Sub-Committee assessed the entries and outstanding cultivars for garden use were given the Award of Garden Merit. Entries were also described and photographed to provide a lasting record in the RHS Herbarium at Wisley.

Entries

There were 51 entries in the trial submitted by various seed companies in the UK, Europe and USA. These were all grown at Wisley, with the 40 Capsicum annum entries also grown at East Ruston Old Vicarage Garden.

Front cover: C. annum ‘Fiesta’ (Photo Linda Jones)
Left: RHS Trial of chilli peppers at Wisley
Right: C. annum ‘Firecracker Piquin’
Far Right: Members of the Sub-Committee assessing the trial with Michael Michaud
Results of the Trial

Seventeen chilli pepper cultivars received the Award of Garden Merit:

- C. chinense ‘Antillais Caribbean’
- C. annuum ‘Apache’
- C. annuum ‘Demon Red’
- C. annuum ‘Etna’
- C. annuum ‘Fiesta’
- C. annuum ‘Filus Blue’
- C. annuum ‘Firecracker Piquin’
- C. annuum ‘Fresno’
- C. annuum ‘Fuego’
- C. chinense Habanero Group
- C. annuum ‘Hungarian Hot Wax’
- C. annuum ‘Navaho’
- C. annuum ‘Prairie Fire’
- C. annuum ‘Summer Heat’
- C. annuum ‘Super Chili’
- C. annuum ‘Thai Dragon’
- C. annuum ‘Tricolor Variegatum’

H2 = requires unheated glass

Award of Garden Merit Chilli Peppers

The trial was assessed for the Award of Garden Merit by the Vegetable Trials Sub-Committee using the following criteria:

- ease of cultivation
- early maturity
- size of plant
- quality
- appearance / ornamental value
- culinary usefulness
Cultivation
Seed was sown into p84 modules, two per cell, using peat-reduced modular compost, watered in with Revive (a product that contains natural soil micro-organisms which encourage soil fertility and healthy plant growth) and provided with 23-25°C of bottom heat until germinated. Sowing of the later fruiting cultivars (those other than *Capsicum annuum*) took place on 30 January 2006. *Capsicum annuum* entries were sown on 24 February. Once germinated, seedlings were provided with supplementary lighting to simulate a 16 hour day and thinned to one plant per cell. Seedlings were later potted on into 9cm pots of peat-reduced compost, watered with Revive and grown on in a glasshouse where a biological control programme was used to combat aphids, whitefly, red spider mite and thrips. From 27 April, as they became large enough, the entries were planted singly into 3ltr/18cm pots of garden soil. At East Ruston Old Vicarage Garden the plants were potted using compost and stood out in the Orangery.

The potted plants were plunged into hand-cultivated soil in a plastic tunnel on 15 May, side-by-side, 44cm apart in rows 75cm apart. Paths 120cm wide ran the length of the plastic tunnel between the double rows of entries. The pots provided some restriction to the roots so that the plants did not become overly large or lush. Four plants of each entry were grown. A drip irrigation system was installed, which meant plants could be given a liquid feed through a diluter.

Pests and Diseases
The main pests of this crop are whitefly, thrips and red spider mite. *Encarsia formosa* was introduced regularly to control the whitefly and one bag of *Amblyseius* per plant was used to control thrips. Red spider mite did not affect the trial, but regular misting would have deterred this pest.

Findings
The plants grew more vigorously and the fruits ripened quicker at Wisley than at East Ruston, where the temperatures were lower. Chilli fruits ripen once they have reached full size. In *Capsicum annuum* plant growth virtually stops when temperatures drop to 10°C/50°F, while temperatures above 30°C/86°F can reduce production. Good light levels are also important.

As well as selecting cultivars for the Award of Garden Merit, the Sub-Committee highlighted other entries that are valued by chilli enthusiasts and connoisseurs. These could not be recommended for the award because they crop too late to be really useful in the UK or require more specialised cultivation. The Sub-Committee also noted that many chilli pepper plants are ornamental and valued for garden decoration: colourful and highly decorative ‘Prairie Fire’ has a compact habit, suitable for pots; ‘Joe’s Long’ produces exceptionally long fruits, grown for their novelty value as well as for culinary use.
**Capsicum chinense ‘Antillais Caribbean’**
Sent by A L Tozer Ltd.
Quite small, blocky, bright red fruits are aromatic and extremely hot. Similar chillies are widely used in South American and Caribbean cooking. Later cropping, it is best sown in January.
Plant height 90cm. Blocky, lantern shaped fruits are 3cm wide, 6cm long and hang downwards on the plant. Fruit ripe from 23 July; average of 26 fruits picked from one plant by 15 August.

**Capsicum annuum ‘Etna’**
Sent by Mr Fothergill’s Seeds.
Attractive bunches of shiny peppers that mature from bright mid-green to red, are carried erect on compact plants that are suitable for growing in pots. Produces a good crop of very hot peppers.
Plant height 75cm. Small, tapering fruits are 1.25cm at widest, 5cm long and held upwards. Fruit ripe from 23 July; average of 18 fruits picked from one plant by 15 August.

**Capsicum annuum ‘Apache’**
Sent by D T Brown & Co.
A decorative, bushy plant; it does well in both large and small pots. Produces a large crop of small, juicy, hot peppers that ripen from bright green to red and are held outwards from the stems.
Plant height 45cm. Small, tapering fruits are 1.5cm at widest, 4cm long and are held up and outwards. Fruit ripe from 23 July; average of 103 fruits picked from one plant by 15 August.

**Capsicum annuum ‘Fiesta’**
Sent by Mr Fothergill’s Seeds.
Highly ornamental plants are starred with white flowers and covered in jewel-like, small conical fruits that ripen through purple, yellow and orange to bright red. Excellent decorative plant for growing in pots.
Plant height 80cm. Small conical fruits are 2.5cm at widest, 6cm long and held upwards. A spice type, the fruits are hot to very hot. Fruit ripe from 23 July; average of 56 fruits picked from one plant by 15 August.

**Capsicum annuum ‘Demon Red’**
Sent by John Bertinat Seeds Ltd.
A small, ornamental plant that is starred with white flowers, it produces an abundant crop of tiny upward pointing fruits that mature to a strong, bright red. Fruits are hot and ideal for Thai cooking.
Plant height 35cm. Tiny, tapering, thin-walled fruits are 0.5cm at widest, 4cm long. Fruit ripe from 23 July; average of 366 fruits picked from one plant by 15 August.

**Capsicum annuum ‘Filus Blue’**
Sent by W Robinson & Son (Seeds & Plants) Ltd.
Attractive, highly ornamental plants. The young leaves are mid-green becoming very dark green with a purple flush and the plants are covered with purple, orange and bright red fruits that are spicy and moderately hot.
Plant height 45cm. Purple-flowered. Very small, cherry shaped fruits are 1.5cm wide, 2cm long and held upwards on the plant. Fruit ripe from 23 July; average of 68 fruits picked from one plant by 15 August.
**Capsicum annuum ‘Firecracker Piquin’**
Sent by Western Hybrid Seeds Inc.
Very ornamental, uniform plants with small, very hot peppers that are held upright and give an attractive sunset display once they have matured beyond purple.
Plant height 70cm. Small, conical fruits are 2.5cm at widest, 3.5cm long. Colour changes from purple to yellow, then orange to red. Fruit ripe from 23 July; average of 29 fruits picked from one plant by 15 August. Also sold in catalogues as ‘Fire Cracker’.

**Capsicum annuum ‘Fresno’**
Sent by Bakker Brothers.
Fairly short, upright growing plants are very productive. The conical fruits ripen from light green to deep scarlet-red, with medium-thick flesh that is very hot.
Plant height 80cm. Conical fruits are 2.5cm at widest, 9cm long and held upwards on the plant. Fruit ripe from 23 July; average of 38 fruits picked from one plant by 15 August.

**Capsicum annuum ‘Fuego’**
Sent by Elsoms Seeds Ltd.
Good yield of early, easy-to-harvest, big, red fruits are produced on plants with an open growth habit. A hot pepper with thick, meaty flesh.
Plant height 110cm. Tapering fruits are 3cm at widest, 17cm long and hang downwards. Fruit ripe from 23 July; average of 23 fruits picked from one plant by 15 August.

**Capsicum chinense Habanero Group**
Sent by Simpson’s Seeds.
Very attractive, blocky, orange fruits are extremely hot. Plants are quite compact, give a good yield and are suitable for growing in pots. Later cropping, it is best sown in January.
Plant height 70cm. Blocky, lantern-shaped fruits are 3.5cm wide, 6cm long and hang downwards. Fruit ripe from 23 July; average of 35 fruits picked from one plant by 15 August.

**Capsicum annuum ‘Hungarian Hot Wax’**
Sent by Mr Fothergill’s Seeds and by W Robinson & Son (Seeds & Plants) Ltd.
The versatile fruits are medium-hot and can be used as a spicy alternative to sweet peppers. Suitable for pot cultivation, these are one of the easiest chillies to grow.
Plant height 100cm. Tapering fruits are 3cm at widest, 13cm long. Immature fruits are pale yellow, maturing to red and hang downwards. Fruit ripe from 23 July; average of 15 fruits picked from one plant by 15 August.

**Capsicum annuum ‘Navaho’**
Sent by E W King & Co Ltd.
Sturdy plants with stiff stems that carry the fruits well. The large, thick-fleshed, semi-hot peppers are perfect for stuffing. The flavour and heat increases as they ripen to bright red.
Plant height 130cm. Tapering fruits are 3cm at widest, 14cm long and hang downwards. Fruit ripe from 28 July; average of 6 fruits picked from one plant by 15 August.
**Capsicum annuum 'Prairie Fire'**  
Sent by A L Tozer Ltd.  
Very attractive, short, spreading plants are covered in a mass of very small, upward-pointing peppers that ripen from cream, through yellow and orange to red. Ideal in pots and super for a windowsill. The small peppers are very hot.  
*Plant height 20cm. Small, tapering fruits are 1cm at widest, 3cm long. Fruit ripe from 23 July; average of 56 fruits picked from one plant by 15 August.*

**Capsicum annuum 'Thai Dragon'**  
Sent by A L Tozer Ltd.  
Very hot pepper used in Thai cooking. Plants fruit prolifically, but tend to be rather rampant and may need tying. Also responds well to stopping.  
*Plant height 140cm. Long, tapering fruits that ripen from green to red, are 1cm at widest, 8cm long and hang downwards on the plants. Fruit ripe from 23 July; average of 71 fruits picked from one plant by 15 August.*

**Capsicum annuum 'Super Chili'**  
Sent by A L Tozer Ltd.  
Ornamental plants; well suited to growing in pots. Produces a high yield of very hot, thin-walled fruits that are held upright and ripen from light green to red.  
*Plant height 50cm. Small, tapering fruits are 1cm at widest, 6cm long and hang downwards. Fruit ripe from 23 July; average of 58 fruits picked from one plant by 15 August.*

**Capsicum annuum 'Summer Heat'**  
Sent by A L Tozer Ltd.  
Reliably early, hot, jalapeño type pepper. The surface of the fruit is prone to corky cracks and striations, which is a trait supposedly valued by Mexican cooks.  
*Plant height 100cm. Gently tapering, red fruits are 3cm at widest, 8cm long and hang downwards. Fruit ripe from 23 July; average of 15 fruits picked from one plant by 15 August.*

**Capsicum annuum 'Tricolor Variegatum'**  
Sent by W Robinson & Son (Seeds & Plants) Ltd.  
Ornamental foliage is an attractive mid-green, splashed cream and purple. Small fruits mature from purple, through orange to red. Plants have a rather spreading habit, but can be pruned to shape.  
*Plant height 70cm. Small tapering fruits are hot to very hot, 1.5cm at widest, 3cm long and hang downwards on the plants. Fruit ripe from 23 July; average of 19 fruits picked from one plant by 15 August.*

Orangery at East Ruston Vicarage (Photo Ali Cundy)
For chilli enthusiasts and connoisseurs

**Capsicum baccatum ‘Lemon Drop’**
A very hot, lemony-flavoured, aji type, reportedly from Peru
Plant height 150cm. Tapering fruits ripen from pale green to yellow, are extremely hot, 2cm at widest, 8cm long and hang downwards on the plants. Fruit ripe from 23 July; average of 108 fruits picked from one plant by 15 August.

**Capsicum frutescens Tabasco Group**
Used in Creole cooking and to make the famous hot Tabasco Sauce ®
Plant height 120cm. Small tapering fruits ripen from pale green to red, are extremely hot, 0.5cm at widest, 3cm long and held upwards on the plants. Fruit ripe from 23 July; average of 19 fruits picked from one plant by 15 August.

**Capsicum annuum ‘Pasilla Bajio’**
The dried pods are mild to moderately hot and form the basis for mole sauces. When used fresh, chillies of this sort are called chilacas and used in enchiladas, chilli sauces, soups, and stews
Plant height 170cm. Fruits ripen from dark green to dark brown, are 6cm at widest, 11cm long and hang downwards. First fruits fully grown by 1 August; average of 22 fruits picked while still green from one plant by 15 August.
## Selection guide

* Spicy types are relatively small-fruited with thin flesh; vegetables types have fruits that are larger with thicker flesh.

** Measured during the first week of August 2006

<table>
<thead>
<tr>
<th>Cultivars</th>
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<th>Size</th>
</tr>
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<tbody>
<tr>
<td><em>Capsicum chinense</em></td>
<td><em>Antillais Caribbean</em></td>
<td>90cm</td>
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<td>3cm x 6cm</td>
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<td>Spice. South American and Caribbean dishes.</td>
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<td><em>Capsicum annuum</em></td>
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<td>45cm</td>
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<td>Spice. Cooking and ornamental plants.</td>
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<td><em>Capsicum annuum</em></td>
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<td>Spice and vegetable. Stews, salads and fresh in salsas.</td>
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<td><em>Capsicum chinense</em></td>
<td>Habanero Group</td>
<td>70cm</td>
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<td>3.5cm x 6cm</td>
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</tbody>
</table>

1 fruit = mild  
5 fruits = extremely hot  
Size = (width x length)
## Selection guide

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<td>and mole sauces.</td>
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<td>and Tabasco Sauce ®.</td>
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*Spice types are relatively small-fruited with thin flesh; vegetables types have fruits that are larger with thicker flesh.

**Measured during the first week of August 2006
**Vegetable Trials Sub-Committee**

**Chairman:** Colin Randel  
**Vice Chairman:** Peter Dawson

<table>
<thead>
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<tr>
<td><strong>John Barker</strong></td>
<td>Tony Hewitt</td>
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<tr>
<td><strong>Ron Butler</strong></td>
<td>David Jeffery</td>
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<tr>
<td><strong>Bill Chowings</strong></td>
<td>Steve Mercer</td>
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<tr>
<td><strong>Paul Corfield</strong></td>
<td>Sarah Wain</td>
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<tr>
<td><strong>Mike Day</strong></td>
<td>Ron Watts</td>
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<tr>
<td><strong>Derrick Fuller</strong></td>
<td>Tony Wilkie</td>
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<tr>
<td><strong>Ian Gillott</strong></td>
<td>Medwyn Williams</td>
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**Chilli specialist:** Michael Michaud

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**Acknowlegements**

Michael Michaud, ethnobotanist and chilli specialist  
Jim England and staff in Trials at RHS Garden Wisley  
Guy Barter, Head of Horticultural Advisory Service

**Further reading**


**RHS Trials.**


**RHS Journals online**

http://www.rhs.org.uk/Learning/Publications/pubs/garden 0407/chilli.htm

**Useful websites**

RHS Gardening Advice on growing Chilli Peppers  
http://www.rhs.org.uk/advice/profiles0302/chillies.asp
RHS Plant Trials
With so many different types of gardener and so many different cultivars available to them in each group of plants, it is important that a system of recommendation is in place to help with selection at point of sale. These recommendations must be clear and reliable to ensure that of the thousands of plants available in the UK, a proportion are known to be excellent garden plants. The RHS provides this information through its extensive programme of plant trials held at RHS gardens in the UK. The RHS Award of Garden Merit signifies the selection of the best cultivars for general garden use.

RHS plant trials serve the professional gardener who wants to know the range of plants available, including the latest breeding and selection programmes, with their distinctive characteristics and provenance. They also serve the amateur who wants to know which plants will grow and perform well in a particular garden situation.

The RHS has an unrivalled resource of knowledge and expertise and is therefore best placed to conduct plant trials for the UK gardening market.

RHS Trials Bulletins

Begonia Rex Cultorum Group: Number 16
Canna: Number 3
Clematis alpina & C. macropetala: Number 21
Daisies (yellow perennial): Number 6
Delphinium: Number 5
Fuchsia (hardy): Number 12
Geranium (hardy) Stage 1: Number 10
Geranium (hardy) Stage 2: Number 14
Geranium (hardy) Stage 3: Number 18
Hyacinthaceae (little blue bulbs): Number 11
Iris (bearded): Number 17
Lavenders (hardy): Number 2
Miscanthus: Number 7
Peppers (sweet): Number 15
Potatoes (salad): Number 8
Potentilla: Number 1
Rhododendron yakushimanum and hybrids: Number 13
Runner Beans: Number 19
Saxifragas (silver): Number 9
Sedum (herbaceous): Number 20
Spiraea japonica (with coloured leaves): Number 4

These bulletins can be viewed at a larger size on the RHS Website: www.rhs.org.uk/plants/trials_bulletins.asp

RHS Plant Trials and Assessments

Online publications, to complement the RHS Plant Trials Bulletins series

Caryopteris: Number 2
Perovskia: Number 3
Pittosporum tenuifolium hybrids and cultivars: Number 1

Trials indexes can be obtained from The Trials Office, RHS Garden Wisley, Woking, Surrey GU23 6Q8, Email: trials@ rhs.org.uk
Trials reports on the web at www.rhs.org.uk/plants/award_plants.asp

The Royal Horticultural Society

The RHS is the UK’s leading gardening charity dedicated to advancing horticulture and promoting good gardening. Its charitable work includes providing expert advice and information, advancing horticulture, training the next generation of gardeners, helping school children learn about plants, and conducting research into plants, pests and environmental issues affecting gardeners. The RHS AGM plant trial scheme is an important part of this work.

The RHS receives no government grants and for every pound received from members’ subscriptions we need to raise more than twice as much again to fund our charitable work. We also rely on donations and sponsorship to supplement income from our garden operations, flower shows, shops and plant centres.

RHS Herbarium

The RHS Herbarium keeps a record of trial cultivars as dried specimens with detailed descriptions and photographic images. This forms an important reference for the horticultural industry. Any new cultivars are highlighted and a nomenclatural standard specimen is preserved and described.

The RHS Herbarium, stored at RHS Garden Wisley, is the largest active horticultural herbarium in the world. At present the collection contains about 80,000 herbarium specimens and over 40,000 images of plants. Material is actively collected from a wide spectrum of sources including RHS plant trials.

The RHS, the UK’s leading gardening charity

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