

BANANA PEPPER

Also known as the yellow wax pepper or banana chili, a banana pepper gets its name from their curved shape and their bright yellow-green color when they first appear on the plant.

Seasons/Availability

Banana peppers are available May to September.

Description/Taste

Narrow, long and tapering, this creamy-yellow to yellow-green, waxy pepper measures about three to five inches long. A very mild pepper, its gentle flavor is somewhat fruity and sweet. The hot form of this pepper is known as the Hungarian wax.

Nutritional Value

Peppers provide an excellent source of vitamin A, vitamin C and the B vitamins, plus significant amounts of iron, thiamin, niacin, magnesium and riboflavin.

Applications

Sliced banana peppers are often used as toppings on sandwiches and salads. Banana peppers can also be pickled which means they are covered with salt and vinegar and are left to sit for at least a week. To store banana peppers they need to be kept dry and refrigerated.

Geography/History

Native to Hungary and introduced in 1932, this pepper is now grown in Mexico and the United States. Used most often in its immature yellow state the banana pepper changes from a pale yellow to orange to red during a sixty-five day growing season.

