

Green chillies



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Chillies are the life and soul of a hearty Indian meal. You don't necessarily have to overdo it until smoke comes out of your ears, but without a touch of chilli, dishes seem incomplete. We can't think of Indian cooking without a dash of green chillies. Slit, sliced, chopped or diced, we just have to add a few green chillies to add that tang to our food. A green chilli is an important star in Indian cooking.

This spice is grown throughout the year and so there is no scarcity and a good quantity is exported. Chillies are used with or without stalks. Green chillies are available fresh, dried, powdered, flaked, in oil, in sauce, bottled and pickled. It spices up a bland meal. Green chillies are famous for the intense bitterness and the amount of heat it produces after consumption. However, a series of studies claim that the addition of green chillies in foods provide a lot of health benefits. **benefits of green chillies**

- Green chillies have high Vitamin A and Vitamin C content: The fresh green chili is rich in Vitamin C, while the dried version is rich in Vitamin A.
- A good source of Potassium and Iron: Green chillies contain Vitamins B and E also, and is low on calories (due to very low amounts of fat and cholesterol)
- The burn experienced by eating chili helps digestion: A chemical named Capsaicin and the seeds give green chili the heat, which helps in dissolving blood clots and improve digestion.
- Green chili treats wrinkles, health of your heart: It burns a lot of calories, and decreases your appetite to some extent. India is the world's largest producer, consumer and exporter of Chilli.

[3] Among which the city of Guntur in Andhra Pradesh produces 30% of all the Chillies produced in India[4], and the state of Andhra Pradesh contributes

to 75% of all the chilli exports from India.[5] The five domesticated species of chili peppers are:

- *Capsicum annuum*, which includes many common varieties such as bell peppers, wax, cayenne, jalapeños, and the chiltepin
 - *Capsicum frutescens*, which includes malagueta, tabasco and Thai peppers, piri piri, African birdseye chili, Malawian Kambuzi
 - *Capsicum chinense*, which includes the hottest peppers such as the naga, habanero, Datil and Scotch bonnet
 - *Capsicum pubescens*, which includes the South American rocoto peppers
 - *Capsicum baccatum*, which includes the South American aji peppers
- cultivation

A large extent under chilli is cultivated in the dry zone especially in north central province and the intermediate zone. At present, major chilli growing districts are Anuradhapura, Moneragala, Ampara, Putthalama, Vavuniya, Kurunegala, Hambantota and Mahaweli System H. According to the information received from the chilli farmers in the dry zone, the biotic stress condition mainly leaf curl complex (LCC) is the main reason behind the lower extent of cultivation and the poor yield levels reported in yala season. Water shortage and late water issues in yala season have caused severe incidence of pest out breaks and consequent crop losses.

how 2 grow green chillies

- Growing Chillies requires a warm growing environment and so unless you live in a warm climate your Chillie plants will spend a considerable amount of time indoors or in the greenhouse.
- Chillies are most often grown in pots or grow-bags and are a good source of vitamin C. They also stimulate the circulation and boost metabolism so give a feeling of energy.
- Chillies are

very similar to sweet bell peppers (Capsicum) but they have a hot fiery flavour instead of the sweet flavour associated with bell peppers. Sowing

- If sowing indoors then sow from March, if sowing outdoors than wait until April and sow under a cloche or glass to provide extra warmth and protection from any cold winds.
- To sow indoors sow 3 seeds in each 1 inch cell of a seedling tray.
- After germination and when the seedling has reached 4cm in height you should transplant your plants into either a 4 inch pot or into their final position. An 8 to10 inch pot is ideal. Make sure your pot has good drainage - try lining the pot with a few cm of coarse gravel and make sure the drainage hole is not blocked.
- If using grow bags then space the plants around 25cm apart.

Position

- Make sure your Chillie plants are in a position that receives a good amount of light.
- Chillies should not be in a position where the nightly temperature falls below 12 deg C. Growth will be inhibited if temperatures fall below 15 deg C.

Soil type

Chillies grow well in a well drained, fertile soil. If planting in pots be sure to use a good organic compost that will retain moisture.

Tending

- Chillies should be watered regularly to avoid 'flooding' them at wide intervals. Watering 2 or 3 times a week so that the soil is damp (not soaked).
- Overwatering on a regular basis will cause the roots to rot.
- You will see flowers developing on the plant, leave them on and they will die after a few weeks and chillies will form.
- Once the plant is producing fruit you can help it along by giving it a small amount of organic liquid fertiliser every few weeks
- When the plant is around 6 inches tall you can remove the growing tip, this will encourage the form of the plant to become more bush like.
- Chillies can

reach around 60cm in height and can be supported with a garden cane or other suitable stake. This may be necessary when the plant is fruiting heavily. Harvesting

·The Chillies should take a few weeks to develop and will take a further couple of weeks to change from green to red. You can harvest them when they are Green or Red. They will start to shrivel after they have been on the plant for a while but they can still be harvested and used at this stage. ·The longer you leave the chillies on the plant, the hotter in flavour they will become. Leaving the chillie on the plant after it is ready for harvest will result in a decline in further yields. ·If you have a large amount of chillies ready for harvest at the same time and can't use them up fast enough then harvest and freeze any excess fruits. ·When preparing Chillies in your cooking recipes make sure to wash your hands thoroughly after handling chillies and their seeds as if you accidentally rub your eye with Chillie juice on them you will know about it!