

JALAPENO PEPPERS

HARVEST OF THE MONTH
JUNE & OCTOBER

Jalapeno peppers originated in Mexico but are now widely grown in New Mexico, Texas and California. Texas has 12,000 acres of jalapenos and produces 10,000 to 25,000 pounds of these peppers per acre. A primary ingredient in Tex-Mex cuisine, jalapenos have a strong spicy flavor because they contain a compound called capsaicin. On the heat index, jalapenos rank as a mild pepper – coming in above bell, Anaheim and Poblano peppers, but below serrano and a host of others. Chipotle peppers are ripened jalapenos that have been smoked.

DID YOU KNOW?

Jalapeno peppers are rich in Vitamin A, Vitamin C and potassium – making them strong antioxidants and blood pressure regulators.

FUN FACT

Jalapenos are the official state pepper of Texas.



MAIN JALAPENO GROWING REGIONS

- 1. The High Plains
- 5. Trans-Pecos

