



Green pepper

Did you know?

Fruits and vegetables provide higher yield per unit area compared to staple cereal crops. They can be produced without tractors and ploughing oxen in home-stead simply with hand tools, family labor, and minimum external inputs (without inorganic fertilizer and pesticide). Therefore, fruits and vegetables enable rural households to achieve food and nutrition security from a small plot of land with minimum production inputs. Most vegetables have a shorter growing season compared to major staple cereal crops (sorghum, finger millet, maize, etc.). They can be harvested two to three times per year, which helps mitigate seasonal food shortages.

What about me?

...How do I grow?

...What are my health benefits?

...What is my nutritious value?



How do I grow?

– Facts & Figures



Water requirement:

Can be rain-fed or irrigated. In the early growth stage, irrigate water 5–7 days interval, at latter growth stage, it might extend up to 7–10 days interval. Better to irrigate during the day.



Fertilizer/compost:

15–20 ton/ha



Day:

25–30 °C

Night:

15–20 °C



Yield/ha:

15–30 ton/ha on farmer lands



Growth period:

60–90 days after transplanting

Types of sowing:

Indirect

Time of transplanting:

Seedlings are transplant usually 6–7 weeks after sowing



Soil type:

soil rich in mineral and loam soil with pH: 6.5 – 8.5

Spacing b/n plants:

60x40 cm

Intercropping:

onion, maize, and sweet potato



Fertilizer/vermicompost:

10–15 ton/ha



Altitude for growth:

1400–2100 masl = most productive



Seed rate:

0.75–1 kg/ha

Plant population:

34,188–47,619 plants/ha



Date of germination:

7–9 days



What is my nutritious value?

– General Nutrition Guidelines

Vegetables and fruits are rich sources of vitamins, minerals and fiber. Minerals and vitamins help our body fight diseases and function properly. Fiber absorbs harmful chemicals, slows digestion, and improves the absorption of nutrients from food. Some fruits and vegetables are rich in carbohydrates (potato, sweet potato, banana, mango, etc.) and fat (avocado, etc.), which are essential for energy. To the extent possible, one should eat a variety of fruits and vegetables of different colors such as banana, papaya, kale, carrot and tomato every day.

A boiled green pepper contains per 100g:

- Rich in mineral (calcium)
- Source of vitamin A and vitamin C
- **Vitamin A:** helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin.
- **Vitamin C:** It helps the body absorb iron and maintain healthy tissue. It is also essential for wound healing.
- Carbohydrates: 7.4g
- Energy: 36.6kcal
- Fat: 0.2g
- Iron (Fe): 1.1mg
- Proteins: 1.3g

Recommended serving per day:

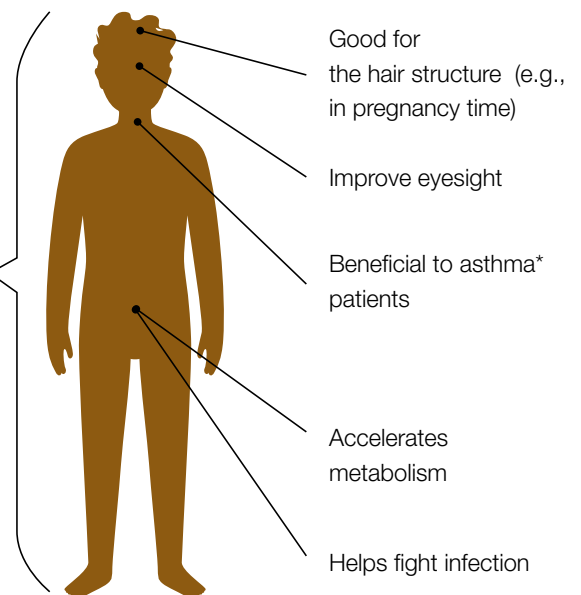
Average population:
eat 2 peppers

Children 2–5 years old:
eat 2 peppers

Children 6–18 years old:
eat 3 peppers



Strengthen immune system
Delay ageing
Helps lose weight
Helps fight cancer
Helps fight infection



*Asthma is a health condition in which it is hard to breathe.