

SACRAMENTO TOMATO/PEPPER REPORT 2016

2015 PLANTING SEASON

PART II: PEPPERS

A. PEPPER TASTE-TESTING	p. 1
B. RATING PEPPERS	p. 2
C. PEPPER HEAT GROUPS	p. 2
D. HOW TO USE THE RATING SHEET	p. 2
E. PEPPER TASTE-TESTING RESULTS: Heat Group	p. 3 - 4
F. PEPPER ALPHA LIST: Taste and Heat Ratings	p. 5
G. PEPPER LIST: Lowest to Highest Heat Rating	p. 6

A. PEPPER TASTE-TESTING

The purpose of our Pepper Tasting is to locate as many new **Mild Peppers** as we can, grow them, describe their unique taste or flavor and rate their heat and tastiness. In doing so, we hope to (1) make new and experienced gardeners more aware of the wide range of Mild Peppers available for home-, growing and (2) encourage nurseries to make available as many varieties of Mild Pepper as they can.

For most people, the "heat" of a pepper is their most important concern. We have found that about 80% of our taste-testers are uncomfortable with peppers hotter than the familiar Anaheim or Poblano (the supermarket Pasilla commonly found in the Chili Relleno).

Mild Peppers are simply those which most of us can comfortably eat raw (just "chomping" on them), in salads or frying and baking in one fashion or another. Ultimately, we are searching for taste or flavor in a pepper, not "heat". Too much "heat" simply gets in the way.

It turns out there are lots of Mild Peppers. They just don't get the "press" that Jalapeno and Ghost peppers typically get. We now have taste-tested more than forty (40) varieties of Mild Pepper and are looking forward to finding and tasting-testing many more.

SACRAMENTO TOMATO & PEPPER REPORT: Peppers**B. RATING PEPPERS - Definitions and Terms**

We rate our Mild Peppers by both their "heat" and their "taste".

Taste Rating for each variety of pepper is on a scale of 1 - 10 with 10 being the best tasting. Taste Rating values are averages of all scores individual taste-testers have given a particular variety of pepper. We simply ask our tasters "How much do you like the taste of this pepper?".

Heat Rating refers to the average of all ratings taste-testers have given a variety of pepper on a scale of 0 - 10 with 10 being hotter than they could handle. This is discussed below in more detail.

Heat Range indicates the general range of heat ratings that taste-testers gave while evaluating a particular variety of mild pepper. Some peppers had smaller or larger ranges of individual ratings. For example, the Carmen has a small range, the the Cubanelle a wider range and the Poblano a quite wide range of variation. This means that most people found samples of the Carmen had about the same heat while samples of the Poblano varied quite widely, from somewhat mild to fairly hot.

Scoville Heat Scale

The Scoville scale is used to rate the "hotness" of peppers. In the modern Scoville scale, the number of heat units indicates the amount of Capsaicin, a chemical compound, found present. Our Mild Peppers are all found at the very bottom of the Scoville scale, the 0 to 5000 range, while other peppers reach into the millions of Scoville units.

C. PEPPER HEAT GROUPS

For convenience, we have arranged Mild Peppers into six (6) **Heat Groups** which function somewhat like "Color Groups" do when we give order to the large number of tomato varieties.

<u>Heat Groups:</u>	<u>Heat</u>	<u>Some</u>	<u>Scoville Heat</u>
<u>Heat description:</u>	<u>Range</u>	<u>Examples</u>	<u>Units**</u>
I Little to no heat	0.0 - 2.5	Bells, Carmen, Gypsy, Italian Sweet	0 - 100
II Mild heat	2.5 - 4.0	Cubanelle, Pepperoncini	100 - 500
III Moderate heat	4.0 - 6.5	Mariachi, Poblano, Anaheim	500 - 2000
IV Hot	6.5 - 10.0	Black Hungarian, La Bomba, Padron	2000 - 5000
V Too hot	10+	Bulgarian Carrot, Jalapeno, Fresno	2000 - 9000
VI Way too hot!*	10++	Thai, Habanero, Ghost Pepper	9000 - 1000000+

* That is, for most of us. All the familiar "hot peppers" are found in this group.

** Not available for most Mild Peppers.

D. HOW TO USE THE TASTE-TESTING RESULT SHEETS

If you are concerned about pepper "heat", start with the first group, Group I. Within this group, all peppers are listed with best tasting first and least less tasty last.

If Group I peppers are not hot enough for you, look to the higher Heat Groups.

E. PEPPER TASTE-TESTING RESULTS - The Heat Group List

HEAT GROUPS and their PEPPER VARIETIES	<u>Taste Rating</u> 1 - 10	<u>Heat Rating</u> 0 - 10+	<u>Heat Range</u> 0 - 10	<u>Scoville Heat Units</u> Given as a range
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GROUP I: Little or No Heat (0.0-2.5)

Costa Rican Sweet	7.8	1.6	0 - 2.0	not available
Giant Aconcagua	7.2	0.5	0.0 - 1.5	not available
Romanian Sweet	7.2	0.5	0.0 - 1.0	not available
Carmen	6.9	1.1	0.5 - 1.0	not available
Italian Sweet	6.9	0.4	0.0 - 1.0	not available
Tequila Sunrise	6.6	2.1	0.5 - 2.5	not available
Corno di Torro Rosso	6.4	1.3	0.5 - 2.5	not available
Spanish Sweet	6.3	1.4	0.5 - 1.0	not available
Ed's Best	6.3	1.3	0.5 - 1.5	not available
Jimmy Nardello	6.2	1.4	0.5 - 2.0	0
Gypsy	6.2	1.4	0.5 - 1.5	0
Bell, Red (store)	6.1	0.2	0.0 - 0.5	0
Zavory	5.9	1.6	1.0 - 2.5	not available
Bell, European Red	5.8	0.5	0.0 - 0.5	0
Golden Treasure	5.6	0.3	0.0 - 0.5	not available
Italian Green Long	5.3	0.9	0.0 - 1.0	not available
Holy Mole	5.1	1.6	1.0 - 2.5	not available
Shishito	5.0	1.8	1.5 - 2.5+	not available
Bell, Bullnose	4.9	0.2	0.0 - 0.3	not available
Spanish Spice	4.8	1.1	0.5 - 1.5	not available

GROUP II: Mild Heat (2.5 - 4.0)

Numex Chili Pepper	6.8	2.3	2.0 - 4.5	not available
Cubanelle	6.6	1.2	1.0 - 3.5	0 - 1,000
Pepperoncini	5.9	3.4	3.0 - 4.5	100 - 500
Sweet Heat	5.1	1.9	1.5 - 3.5	not available
Yellow Wax (store)	5.1	3.5	3.0 - 4.0	not available
Foiled You (a mild Jalapeno)	4.3	3.0	2.5 - 3.5	not available

SACRAMENTO TOMATO/PEPPER REPORT: PEPPERS

HEAT GROUPS and their PEPPER VARIETIES	<u>Taste Rating</u> 1 - 10	<u>Heat Rating</u> 0 - 10+	<u>Heat Range</u> 0 - 10	<u>Scoville Heat Units</u> Given as a range
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GROUP III: Moderate Heat (4.0 - 6.5)

Garden Salsa	7.2	5.0	3.0 - 5.5	2,000 - 4,000
Mariachi	7.0	6.0	5.5 - 7.0	500 - 600
Santé Fe Grande	6.6	4.6	4.0 - 7.0	500 - 700
Cajun Belle	6.2	4.4	4.0 - 5.5	not available
Mexibell	5.9	2.8	2.5 - 4.5	not available
Poblano/Ancho/Relleno/Tiberon	5.8	6.3	6.0 - 7.5	500 - 2,000
Pasilla Bajho	5.8	4.5	4.0 - 7.0	not available
Hungarian Wax (sweet)	5.7	4.0	3.5 - 5.0	0 - 500
Anaheim (store)	5.1	3.6	3.5 - 6.5	500 - 2,500
Pasilla (store bought Poblano)	4.1	4.1	4.0 - 6.5	not available
New Mexico Big Jim	4.0	3.6	2.5 - 4.5+	1,500 - 2,500

GROUP IV: Hot (6.5 - 10.0)

Black Hungarian	6.8	7.1	7.0 - 9.5	not available
La Bomba	6.0	8.2	7.5 - 10	not available
Padron	6.2	8.4	7.5 - 10	not available
Ethiopian Brown Berbere	3.8	7.2	7.0 - 10	not available

GROUP V: TOO HOT (10+)

Bulgarian Carrot	6.6	10+		2,000 - 5,000
Jalapeno		10+		2,500 - 8,000
Cayenne Long		10++		30,000 - 50,000
Super Chili		10++		40,000 - 50,000
Thai		10++		50,000 - 100,000
Habanero		10++		150,000 - 325,000
Ghost (Bhut Jolokia)		10++		855,000 - 1,000,000

SACRAMENTO TOMATO & PEPPER REPORT: PeppersF. PEPPER ALPHA LIST: Taste and Heat Ratings

<u>PEPPER VARIETIES</u>	<u>TASTE RATING</u>	<u>HEAT RATING</u>	<u>HEAT RANGE</u> 1 - 10	<u>SCOVILLE HEAT UNITS</u> given as a range
Anaheim	5.1	3.6	3.5 - 6.5	500 - 2,500
Bell, Bullnose	4.9	0.2	0.0 - 0.3	not available
Bell, European Red	5.8	0.5	0.0 - 0.5	0
Bell, Red (store bought)	6.1	0.2	0.0 - 0.5	0
Black Hungarian	6.8	7.1	7.0 - 9.5	not available
Bulgarian Carrot	6.6		10+	2,000 - 5,000
Cajan Belle	6.2	4.4	4.0 - 5.5	not available
Carmen	6.9	1.1	0.5 - 1.0	not available
Cayenne Long		10++		30,000 - 50,000
Corno di Torro Rosso	6.4	1.3	0.5 - 2.5	not available
Costa Rican Sweet	7.8	1.6	0.0 - 2.0	not available
Cubanelle	6.6	1.2	1.0 - 3.5	0 - 1,000
Ed's Best	6.3	1.3	0.5 - 1.5	not available
Ethiopean Brown Berbere	3.8	7.2	7.0 - 10	not available
Foiled You (a mild Jalapeno)	4.3	3.0	2.5 - 3.5	not available
Garden Salsa	7.2	5.0	3.0 - 5.5	2,000 - 4,000
Giant Acancagua	7.2	0.5	0.0 - 1.5	not available
Golden Treasure	5.6	0.3	0.0 - 0.5	not available
Gypsy	6.2	1.4	0.5 - 1.5	0
Holy Mole	5.1	1.6	1.0 - 2.5	not available
Hungarian Wax (sweet)	5.7	4.0	3.5 - 5.0	0 - 500
Italian Green Long	5.3	0.9	0.0 - 1.0	not available
Italian Sweet	6.9	0.4	0.0 - 1.0	not available
Jimmy Nardello	6.2	1.4	0.5 - 2.0	0
La Bomba	6.0	8.2	7.5 - 10	not available
Mariachi	7.0	6.0	5.5 - 7.0	500 - 600
Mexibelle	5.9	2.8	2.5 - 4.5	not available
New Mexico Big Jim	4.0	3.6	2.5 - 4.5	1,500 - 2,500
Numex Chilli Pepper	6.8	2.3	2.0 - 4.5	not available
Padron	6.2	8.4	7.5 - 1-	not available
Pasilla (store bought Poblano)	4.1	4.1	4.0 - 6.5	not available
Passilla Bajho	5.8	4.5	4.0 - 7.0	not available
Pepperoncini	5.9	3.4	3.0 - 4.5	100 - 500
Poblano/Ancho/Relleno/Tiberon	5.8	6.3	6.0 - 7.5	500 - 2,000
Romanian Sweet	7.2	0.5	0.0 - 1.0	not available
Sante Fe Grande	6.6	4.6	4.0 - 7.0	500 - 700
Shishito	5.0	1.8	1.5 - 2.5	not available
Spanish Spice	4.8	1.1	0.5 - 1.5	not available
Spanish Sweet	6.3	1.4	0.5 - 1.0	not available
Super Cilli		10++		40,000 - 50,000
Sweet Heat	5.1	1.5 - 3.5	3.0 - 3.5	not available
Tequilla Sunrise	6.6	2.1	0.5 - 2.5	not available
Yellow Wax (store bought)	5.1	3.5	3.0 - 4.0	not available
Zavory	5.9	1.6	1.0 - 2.5	not available

SACRAMENTO TOMATO/PEPPER REPORT: Peppers**G. PEPPER LIST: Lowest to Highest Heat Rating**

<u>PEPPER VARIETIES</u>	<u>HEAT</u>	<u>HEAT RANGE</u>	<u>SCOVILLE HEAT</u>	<u>TASTE RATING</u>
	<u>RATING</u>	1 - 10	UNITS Usually given as a range	
Bell, Red (store bought)	0.2	0.0 - 0.5	0	6.1
Bell, Bullnose	0.2	0.0 - 0.3	not available	4.9
Golden Treasure	0.3	0.0 - 0.5	not available	5.6
Italian Sweet	0.4	0.0 - 1.0	not available	6.9
Giant Aconcagua	0.5	0.0 - 1.5	not available	7.2
Romanian Sweet	0.5	0.0 - 1.0	not available	7.2
Bell, European Red	0.5	0.0 - 0.5	0	5.8
Italian Green Long	0.9	0.0 - 1.0	not available	5.3
Carmen	1.1	0.5 - 1.0	not available	6.9
Spanish Spice	1.1	0.5 - 1.5	not available	4.8
Cubanelle	1.2	1.0 - 3.5	0 - 1,000	6.6
Corno di Torro Rosso	1.3	0.5 - 2.5	not available	6.4
Ed's Best	1.3	0.5 - 1.5	not available	6.3
Spanish Sweet	1.4	0.5 - 1.0	not available	6.3
Jimmy Nardello	1.4	0.5 - 2.0	0	6.2
Gypsy	1.4	0.5 - 1.5	0	6.2
Costa Rican Sweet	1.6	0.0 - 2.0	NA	7.8
Zavory	1.6	1.0 - 2.5	not available	5.9
Holy Mole	1.6	1.0 - 2.5	not available	5.1
Shishito	1.8	1.5 - 2.5	not available	5.0
Sweet Heat	1.9	1.5 - 3.5	not available	5.1
Tequilla Sunrise	2.1	0.5 - 2.5	not available	6.6
Numex Chili Pepper	2.3	2.0 - 4.5	not available	6.8
Mexibelle	2.8	2.5 - 4.5	not available	5.9
Foiled You (a mild Jalapeno)	3.0	2.5 - 3.5	not available	4.3
Pepperoncini	3.4	3.0 - 4.5	100 - 500	5.9
Yellow Wax (store bought)	3.5	3.0 - 4.0	not available	5.1
Anaheim (store bought)	3.6	3.5 - 6.5	500 - 2,500	5.1
New Mexico Big Jim	3.6	2.5 - 4.5	1,500 - 2,500	4.0
Hungarian Wax (sweet)	4.0	3.5 - 5.0	0 - 500	5.7
Pasilla (store bought Poblano)	4.1	4.0 - 6.5	not available	4.1
Cajun Belle	4.4	4.0 - 5.5	not available	6.2
Passilla Bajho	4.5	4.0 - 7.0	not available	5.8
Sante Fe Grande	4.6	4.0 - 7.0	500 - 700	6.6
Garden Salsa	5.0	3.0 - 5.5	2,000 - 4,000	7.2
Mariachi	6.0	5.5 - 7.0	500 - 600	7.0
Poblano/Ancho/Relleno/Tiberon	6.3	6.0 - 7.5	500 - 2,000	5.8
Black Hungarian	7.1	7.0 - 9.5	not available	6.8
Ethiopian Brown Berbere	7.2	7.0 - 10	not available	3.8
La Bomba	8.2	7.5 - 10	not available	6.0
Padron	8.4	7.5 - 10	not available	6.2
Bulgarian Carrot	10+	10+	2,000 - 5,000	6.6
Cayenne Long	10++		30,000 - 50,000	
Super Chili	10++		40,000 - 50,000	