

## How to Grow California Wonder Peppers

**California wonder Bell Peppers** are the traditional peppers you see in the store. They have a blocky look and are excellent for stuffing, slicing and frying. They are also very good eaten fresh cut up in a salad, and a pizza.

90% of the time when you order green peppers on pizza you will be eating a Bell pepper.

There are hundreds varieties of different peppers experiment with some sweet, hot, and even a few unique or exotic Peppers. Just make sure they are ok for your growing zone.



Start seeds indoors 8 weeks prior, to your last frost date. As with most Peppers plant 1/4 inch deep and place in a sunny warm spot at least 70 degrees. Plant seedlings 12 inches apart If you are using the Mittleider method\* you can plant two rows per bed.

The Peppers should be ready to harvest in about 75-90 days. Note you can harvest the seed from these for next year.

\* The Mittleider method was redeveloped by Dr. Jacob Mittleider. The idea of the method is based on using the maximum amount of space, least amount of time, and getting the most out of your resources. You will often see or hear of the Mittleider method as being organic gardening or "the poor man's hydroponic method." This method includes ideas such as vertical growing, planting close together for larger produce results with fewer weeds, and use natural nutrients to nourish the plants. This method can be used in your garden or in grow boxes or soil beds. It is designed to be used in small or large spaces. The concept is to have a well organized space regardless of the size.