

Chili pepper



Chili peppers are a good source of Vitamins E, and A. They also contain fibre and minerals such as manganese, potassium, iron and copper.



Chili peppers are locally grown in Hawaii all year round.

Seeds of the chili pepper can be found in the vegetable itself. They are small, flat and yellow, and grow in clusters.



Chili peppers grow on a bush that can grow from 2-6 feet tall. There are many different types of chili peppers that have different shapes, sizes and vary in how hot they are.

