



# CAYENNE PEPPER

*Capsicum frutescens* (KAP-sih-kum froo-TESS-enz)

ANNUAL | SOLANACEAE FAMILY

ZONES: 3-9 AS ANNUAL

EXPOSURE: SUN

MATURE HEIGHT: 36" | SPREAD 24-36"

BLOOM: WHITE | SUMMER



Medicinal



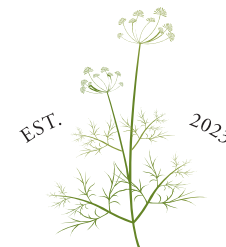
Culinary



Repellant



Container



HERB & VINE

— healing plants —

Cayenne pepper has a Scoville heat rating of 77,500. Its use dates back to 1200 BC.

- The dried fruit can be used to stimulate circulation or as a gastrointestinal detoxifier. When applied topically, it will numb the nerve endings and can be used as a local anesthetic. Its capsaicin is the main ingredient in many ointments or creams for pain relief.
- Therapeutic\*: circulation stimulant, antibacterial, vermifuge, prophylactic to cancer and heart disease.
- The fruit can be served raw or cooked, dried or ground, and the seeds may be ground to use as pepper
- Dry peppers and powder to sprinkle as a deterrent to rodents around winter or early spring crops.
- Peppers prefer light, even watering with good drainage. Fertilize with fish emulsion.

Caution: wear gloves when handling the plant and when harvesting fruit.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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