

EDIBLE GARDEN



CHILLI PEPPER (GREEN)

Like the red chilli shrub, this flowering plant belongs to the Solanaceae family. Green chillies (*Capsicum annum L.*) come in varieties – short and long, mild to intensely hot.

More than just adding spice and flavour to food, they are a rich source of vitamins and minerals. Zero in calories and cholesterol, green chillies also contain an impressive list of plant-derived chemical compounds known to have several health benefits including but not limited to improving immunity, reducing blood sugar and preventing constipation.