

Chillies



Uses	Common spice in cooking for its flavour. Used in salves, the capsaicin chemical in chillies is used for pain management of arthritis. Used orally and in drinks to support the treatment of cardiovascular and digestive diseases. Used with other ingredients to improve the body's ability to absorb nutrients and medicines.
Warnings	Can cause nausea, vomiting and diarrhea.
Soil	Chilli plants prefer a well-drained, rich, fertile soil with a slightly acidic to neutral pH level, ideally containing a good amount of organic matter like compost, and should be kept moist but not waterlogged
Sun	Chilli plants require a lot of direct sunlight, ideally at least 6-8 hours a day
Temp.	Needs and a warm temperature range, with an ideal daytime temperature between 25-31°C and a minimum nighttime temperature of around 15°C
Water	Chilli plants should be watered "little and often" to maintain a consistently moist soil, avoiding waterlogging by allowing the top inch of soil to dry out slightly between waterings; this means watering more frequently during hot summer months and less often in cooler periods, and always ensuring good drainage in the pot or soil.
Care Tips	Pinch out the growing tips to encourage bushy growth, and consider supporting taller varieties with stakes; when growing indoors, hand-pollinate flowers with a paintbrush to aid fruit set and monitor for temperature fluctuations, keeping them warm as they dislike cold conditions

Pests	Aphids, spider mites, slugs, snails, thrips and beetles are most common, use slug traps with beer and a neem oil spray to repel these pests organically.
Disease	Fungal diseases are the most common issue usually caused by overwatering. Treat with Neem oil or a baking soda solution and maintain good drainage.
Propogate	Chilli plants can be propagated from seeds or cuttings
Harvest	Chillies are ready to pick when they have reached their full color for the variety, feel firm to the touch, and are no longer green. While you can pick chilies when they are still green for a milder flavor, they will be hotter and have more flavor if left to fully ripen on the plant.
Store	Chillies can be pickled, frozen, dried or preserved in oil. To dry them hang them up by tying it from the thread and let them rest in your kitchen for several weeks. You can just use kitchen twine. Make sure that there's plenty of air circulation around them so that they dry instead of rotting. Store whole or grind to powder and store in jars, they last for 1 to 2 yrs.
Science	https://oxsci.org/the-science-of-a-chilli/