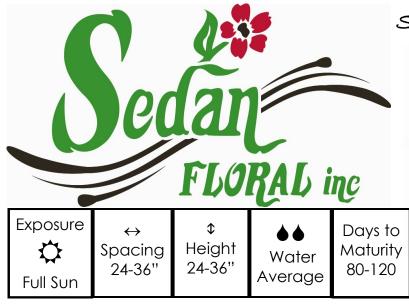
## Harvest a Healthy Life <sup>TM</sup>





## HABANERO PEPPER

The Habanero is the hottest pepper we grow and is meant for serious spicy consumers. This fiery perennial grows  $1-2\frac{1}{2}$ inches long and can be lantern-shaped, round, or oblong.

A little goes a long way, so use sparingly and be sure to wash your hands several times after using to avoid some serious pain.



## Harvest Instructions

Harvest at various stages, unripe Habaneros are green, but the color at maturity varies between orange and red, with occasionally white, brown and pink.



A fresh and healthy way to better living TM Raw Baked Fried Sautéed Grilled Stewed High in Potassium, Magnesium and Iron Contains Vitamin C, B and B6

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