



## Hari Mirch (Green chili)



Botanical Name: *Capsicum annum* L., *Capsicum frutescens* L  
Family name: Solanaceae  
Commercial part: Green as well as ripe and dried pod (fruit)

### An Introduction

There is hardly any dish of the world which is cooked without chili, the small green coloured vegetable which is also called as chili or chilli pepper. This little, but effective green vegetable is undoubtedly the heart and soul of many renowned recipes. Whether it is chili chicken or mutton curry; mix vegetable or salad, this finger sized pepper add a kick to every cuisine. Chutney; also chutney or a sauce or relish; prepared by mixing green chili peppers with with spices and other seasoning is quite common among the Indians.

Known for its hot and pungent flavour, it is used as a vegetable as well as a spice. The harvested portion of the plant is termed as the fruit, and botany considers the plant a berry shrub. They are edible fruits of the genus capsicum, the member of Solanaceae the plants of the nightshade family.

### Plant Description

Chili plants are both annuals and biennials. They are grown as houseplants and perennials as well as ornamental plants. The plant requires irrigation at regular intervals. These plants are incredibly easy to look after. Chili plants are easy to grow and as long as they receive plenty of moisture and nutrients, are not subjected to cold and receive plenty of sunshine. These plants are available in various varieties and colours, right from small round cherry peppers to long, pencil-shaped cayenne varieties.

### Plant Description

Tamarind is the sour fruit pod of a tall, semi-evergreen tree which grows widely in the tropics and particularly in India. Tamarind trees reach a height of 30 m and are topped with a crown of feathery foliage. Their grey bark clad trunks can grow up to 2 m in diameter.

Note : - Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

## Hari Mirch in Indian Languages

Hindi	Hari mirch
Marathi	Mirchi
Gujarati	Marcha
Kannada	Mensina kai
Malayalam	Mulaku
Tamil	Milagay
Telugu	Mirapa kaya

## Green chili in international languages

India	Mirch
Spanish	Pimenton
French	Puvre de Guinee
German	Paprika
Arabic	Filfil Ahmar
Dutch	Spaanse Peper
Italian	Peperone



## Uses

**Culinary Uses:** Due to its fiery hot flavour, it is often eaten as raw. Salads are almost incomplete without this green and small sized vegetable. One of the most common uses of the chili is in preparing hot sauce. Chili peppers are also often used around the world to make a wide variety of sauces, known as hot sauce, chili sauce, or pepper sauce. It is often sold worldwide as a spice in dried and powdered form. In the Southwest United States, dried ground chili peppers, cumin, garlic and oregano is often known as chili powder. In India, chili is an inseparable element of every cuisine.

**Decoration:** In many parts of the world, chili plants are grown as an ornamental plant. Some varieties and cultivars have developed only for this purpose. Examples of these include Thai Ornamental, Black Pearl, Marble, Numex Twilight, and the Medusa pepper, a green plant which produces fruit starting purple, then ripening to yellow, orange, and red.

## Health Benefits of Green chili

We generally associate a burning tongue and watery eyes with chilies due to their extreme bitter and spicy nature. Never mind if they bring some tears in your eyes as they can provide various health benefits to bring a smile of prosperity on your face. They are available fresh, dried, powdered, flaked, bottled and even pickled. Along with providing a spicy nature to your food, they also aid in enhancing your health. Read below to find out more details.

Who could imagine that the fiery hot nature of chilies could do anything more than burn your tongue. Well, they have a lot of health benefits as they are high in vitamins A and C and surprisingly, green chilies have more vitamin C per gram than oranges. They are excellent medicines for lungs as they act as decongestant and also help in dissolving blood clots. Chilies also help in reducing pains as after eating chilies, the brain releases natural opiates endorphins that reduce the pain and also affect emotions.

It is due to no small reason that chilies are considered as natural miracle food. A tiny chili can help provide the body with lots of beta-carotene- more than even carrot. Moreover, it can help provide relief from various problems like migraines, cluster headaches, sinusitis, and even arthritis. To add on to its benefits, chilies can also help prevent serious problems like cancers along with inhibiting the growth of leukemia and prostate cancer cells. The heating quality of chilies also intensifies the body's metabolic activity thereby increasing its ability to burn calories and fats. Thus, eating chilies can also be beneficial for your figure.

## Medicinal use

\*Chili peppers contain chemical compound capsaicin. Capsaicin and its co-compounds used in the preparation of ointments, rubs and tinctures for their astringent, counter-irritant and analgesic properties.

\*These formulations have been in use in the treatment of arthritic pain, post herpetic neuropathic pain, sore muscles etc.

\*Scientific studies on experimental mammals suggest that capsaicin has anti-bacterial, anti-carcinogenic, analgesic and anti-diabetic properties. It also found to reduce LDL cholesterol levels in obese persons.

## Nutrition Facts

Serving Size 1 Papper (45g)

Total Calories 18

Fat Calories

% Daily Value\*

Total Fat 90g	0%
Saturated Fat 9g	0%
Trans Fat	
Cholesterol 0g	0%
Sodium 3mg	0%
Total carbohydrates 4g	1%
Dietary Fiber 675mg	3%
Suger 2g	
Protein 900mg	2%
Vitamin A 11%	Vitamin C 182%
Calcium 1%	Iron 3%
Vitamin E 2%	thiamin 3%
Riboflavin 2%	Niacin 2%
Vitamin B6 6%	Folate 3%
Phosphorus 2%	Magnesium 3%
Zink 1%	



## Selection And Storage:

Fresh Chillies

Make sure that they are firm to the touch and the skin is smooth. Once they are wrinkled, their crisp texture and fresh flavor are gone. Use them as soon after purchasing as possible. Otherwise store them for up to two weeks wrapped in a dry terry-cloth towel inside a paper bag in the refrigerator or a cool dark place. Do not freeze.

To select chiles for cooking, if you are searching for milder chiles, always select ones that have broad shoulders and blunt tips. For hotter chiles, select chiles with pointed tips and narrow shoulders. This is important because you can have up to 35 different piquancies on one plant at a time.

## Dried Chillies

The best dried chiles are the ones that have been sundried. If possible, buy loose, rather than packaged chile peppers so that you can examine them closely.

Dried chiles should have a rich (not dusty), uniform color, unbroken skins and a slight flexibility. Don't buy those with skin blemishes. Select chilies that are still a little flexible and not dried to a crisp. Dried chiles should be used within 1 year of production. Store in a cool and dry area or in a very airtight container (tightly sealed jar or freezer bag) in the refrigerator.

## Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

## Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



## Contact Us

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