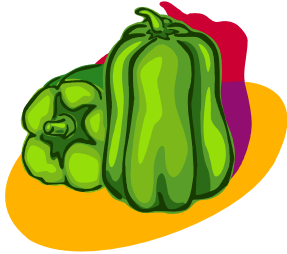


Chile Facts



- One fresh medium sized green chile pod has as much Vitamin C as six oranges.
- One teaspoon of dried red chile powder has the daily

requirements of Vitamin A.

- Hot chile peppers burn calories by triggering a thermodynamic burn in the body, which speeds up the metabolism.
- Teas & lozenges are made with chile peppers for the treatment of a sore throat.
- The Capsaicinoids (the chemical that make chile peppers hot) is used in muscle patches for sore and aching muscles.



- Wild chiles are spread by birds because birds do not have the receptors in their mouths to feel the heat.
- Chile peppers originated in South America and then spread to Central and North America.

- The Indians of the American tropics cultivated the chile pepper for centuries for both its culinary and medicinal uses.
- On his first voyage to the Western hemisphere Christopher Columbus mistakenly called the fiery chile pepper pod “pepper” because of its heat thinking it was a relative of black pepper.



Columbus



- All chile peppers are edible, even ornamentals. Ornamentals however, have been bred for their appearance and usually have little to no flavor and can be very hot.
- Chile peppers are relatives of tomatoes, potatoes, and eggplants, all belonging to the nightshade family.
- The color extracted from very red chile pepper pods, oleoresin, is used in everything from lipstick to processed meats.
- There are 26 known species of chile pepper, five of which are domesticated.

