



FUN CHILE FACTS

- On his first voyage to the Western hemisphere, Christopher Columbus mistakenly called the fiery chile pod “pepper” because of its heat, thinking that it was related to black pepper.
- Chile peppers originated in South America then spread to Central and North America.
- One fresh medium sized green chile pod has as much Vitamin C as six oranges.
- 1 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.
- Capsaicinoids (the chemical that makes chile peppers hot) is used in muscle patches for sore and aching muscles.
- The Indians of the American tropics cultivated the chile pepper for centuries for both its culinary and medicinal uses.
- The color extracted from VERY red chile pepper pods is called oleoresin. It is used in everything from lipsticks to processed meats.
- Wild chiles are spread by birds because birds do not have the receptors in their



mouths to feel the heat.

- All chile peppers, even ornamentals, are edible. 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. They all belong to the nightshade family.
- There are 26 known species of chile peppers, five of which are domesticated.



Read all the fun facts above to get the answers to the puzzle and word scrambles.