



CHILES: DID YOU KNOW?

- Members of the Capsicum family include a variety of peppers that exhibit different levels of spiciness based on the amount of capsaicin they contain.
- In addition to the vitamins, minerals and fiber found in peppers, spicy members of the chile family contain capsaicin – an antioxidant that shows promise for both promoting health and giving our metabolism a boost.
- On his first voyage to the Western hemisphere, Christopher Columbus mistakenly called the fiery chile “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 pepper has twice as much Vitamin C as a small orange.
- Capsaicinoids, the chemicals that make chile peppers hot, are used in muscle patches for sore and aching muscles.
- The chile pepper has been cultivated for centuries for both its culinary and medicinal uses.
- 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.