



## 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 the 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.



not

- 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 CROSSWORD PUZZLE.

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## CHILE FACTS CROSSWORD PUZZLE

Hint: *Read the Chile Facts*

									5-d					
													6-d	
	1-d					1-a								
			2-d											
									4-d					
					2-a									
					3-a									
					3-d									
							4-a							
	5-a													
			6-a											

**ACROSS**

- 1a. 1 teaspoon of \_\_\_\_\_ red chile powder has the daily requirements of Vitamin A.
- 2a. \_\_\_\_\_ is the color extracted from VERY red chile pepper pods and is used in lipsticks.
- 3a. 1 fresh medium sized green chile pod has as much Vitamin C as 6 \_\_\_\_\_.
- 4a. Chile peppers were cultivated for centuries for both their culinary and \_\_\_\_\_ uses.
- 5a. Five of the 26 known species of chile peppers are \_\_\_\_\_.
- 6a. Chile peppers, tomatoes, potatoes and eggplants all belong to the \_\_\_\_\_ family.

**DOWN**

- 1d. \_\_\_\_\_ is the chemical that makes chile peppers hot.
- 2d. Hotchile peppers burn calories by speeding up the \_\_\_\_\_.
- 3d. Wildshiles are spread by \_\_\_\_\_ because they don't feel heat.
- 4d. \_\_\_\_\_ are edible but have been bred for appearance so they have little or no flavor and are usually very hot.
- 5d. Christopher Columbus called the chile pod " \_\_\_\_\_ " because of its heat.
- 6d. Teas and \_\_\_\_\_ are made with chile peppers for treatment of a sore throat.

ANSWERS TO CROSSWORD PUZZLE

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											P				6-d		
		1-d					1-a	D	R	I	E	D			L		
		C									P				O		
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		I		O		B				M							
		N		L		I		4-a	M	E	D	I	C	I	N	A	L
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5-a		D	O	M	E	S	T	I	C	A	T	E	D				
		S								L							
				6-a	N	I	G	H	T	S	H	A	D	E			