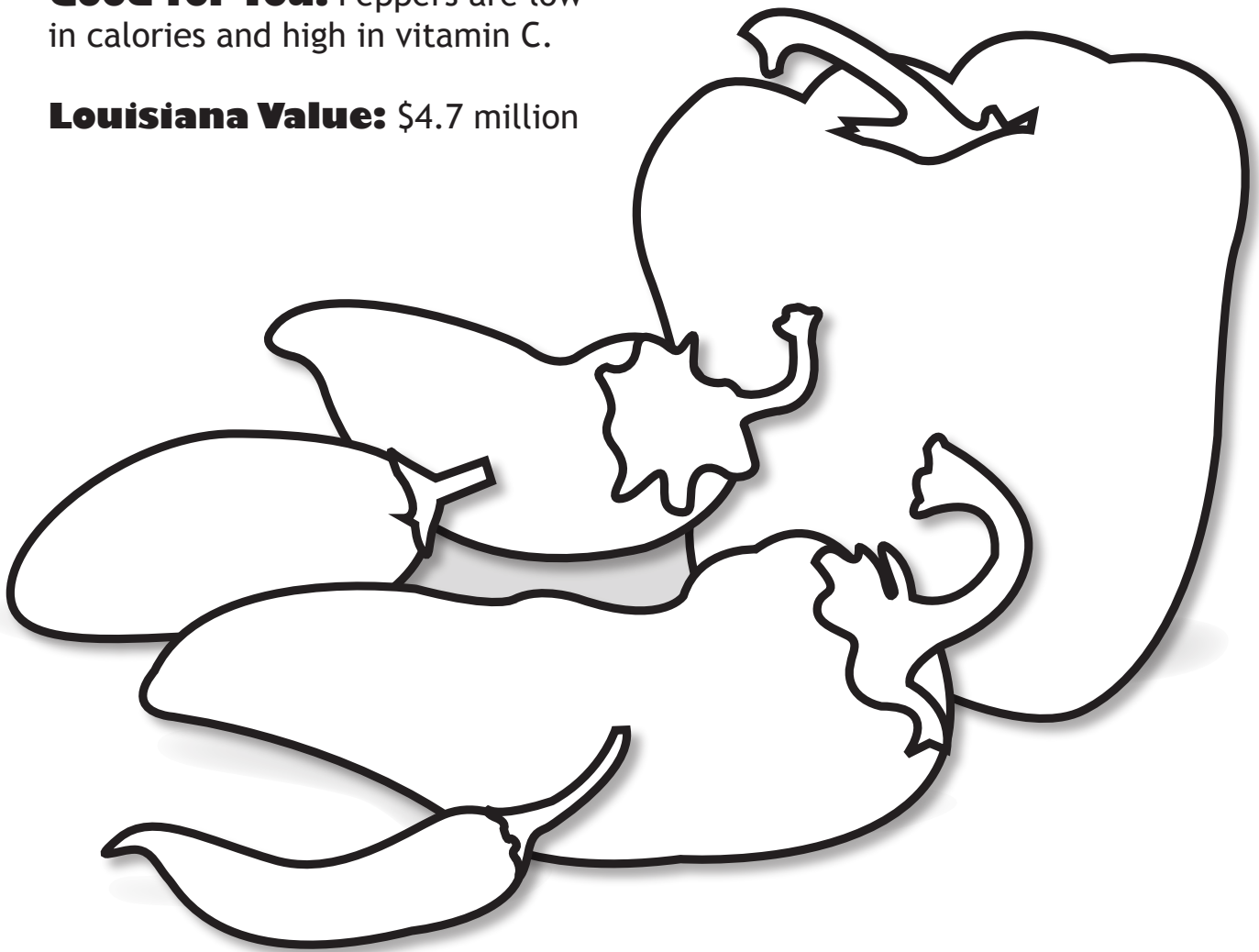


PEPPERS

Peppers originated in Central America and South America and spread to Europe, Africa, India and Asia. They are a member of the nightshade family and are related to tomatoes, potatoes and eggplants. Peppers can be sweet, mild or hot depending on the amount of a chemical called capsaicin that's present in them. Some peppers grown in Louisiana are bell, jalapeno, ancho, cayenne and Tabasco.

Good for You: Peppers are low in calories and high in vitamin C.

Louisiana Value: \$4.7 million



Word Search!

Can you find the words you learned in the information about peppers to the left? Look for jalapeno, cayenne, Tabasco, ancho, capsaicin and nightshade.

R V C A P S A I C I N
G J C M E R T M S M I
A A S C A Y E N N E G
P L T N B E D F G U H
T A B A S C O K L O T
W P D F T G A V D L S
E E C Q S E P I T N H
P N R F H J L W Q X A
Q O Z W S X E D C R D
T A N C H O U J M K E