

Try It! - Pueblo Chile Tasting Experience

Academic Standard Connections: *By completing the worksheet (on back) students are asked to form an opinion of their Pueblo Chile tasting experience, meeting standards for Grades K-5 Reading, Writing, and Communicating (CCSS: W.K.1; CCSS: W.1.1; CCSS: W.2.1; CCSS: W.3.1; CCSS: W.4.1; CCSS: W.5.1).*

Purpose: One of the objectives of the 2024 Literacy Project featuring Pueblo Chiles is to increase the knowledge and awareness of Pueblo Chile, a Colorado specialty crop. To help meet this objective, Colorado Agriculture in the Classroom is providing frozen Pueblo Chiles for students, teachers, and volunteers to taste.

Important: Please share Pueblo Chiles with other classes in your school participating in this Literacy Project. It is designed that 1 pound of chiles will provide about 30 tasting samples. The chiles have been purchased from several Pueblo Chile growers including DiSanti Farms, Millberger Farms, Crites Produce, Mauro Farms, and Musso Farms. The chiles were grown, harvested, washed, roasted, packaged, and frozen, in accordance with proper food handling and retail procedures by each farm. The farm's name and contact information can be found on each package. We encourage classes to communicate with the grower who supplied your chiles to share your tasting experience.

Food Safety: Open and refrigerate/freeze Pueblo Chiles immediately upon receipt. The frozen Pueblo Chiles have been mailed in an insulated shipper with frozen ice packs. Chiles may thaw during transit. Reheat chiles to 165 degrees before consuming. Prepare chiles using proper food safety and handling techniques. Consider working together with school nutrition services to refrigerate/freeze, prepare, and serve chiles.

The Pueblo Chile Growers Association recommends the following (source: pueblochile.org):

- Check bag for freezer burn and other signs of food safety concerns before you consume the chile.
- To thaw, allow bag to sit in sink and thaw naturally over time or on a plate in the refrigerator. If time does not allow, use a microwave to thaw.

- Thawed chile can stay in the refrigerator for up to 2 weeks or they may be refrozen and kept for up to 1 year. Watch for slight gray discoloration and slimy texture when they are going bad.
- Store cooked leftovers in an airtight container in the refrigerator for up to 5-6 days.
- It is highly recommended to wear gloves when processing chiles. Capsaicin, an oil-based constituent that makes chiles spicy, can build up on your skin as you handle large amounts of chile, causing a burning sensation hours after exposure.

Ways to Taste Pueblo Chiles: Two-ounce paper cups have been provided to assist in tasting samples. Here are some ideas for how to complete this tasting experience in the classroom. Remember to reheat chiles to 165 degrees before consuming.

- Measure 1 tablespoon (not heaping) into each paper cup. Have students eat the chile directly from the cup. Or, if you are able, purchase tortilla chips and provide 1-2 chips per student to eat with their sample of Pueblo Chiles. Allow reheated chiles to cool before tasting.
- Follow the recipe for Pueblo Chile Tortilla Pinwheels located in the back of the "Seed, Sprout, Spice!" book. Allow reheated chiles to cool before making recipe. The other ingredients for this recipe are: cream cheese, garlic salt, and large flour tortillas.
- Try any of the three chile recipes provided from History Colorado: The Colorado Collection.
- Prepare chiles using your favorite recipe (such as green chile cornbread or pork and green chile verde).
- More tasty recipes can be found at www.PuebloChile.org.

Colorado Agriculture in the Classroom assumes no liability with this tasting activity.

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Name: _____

Rules:

1. Wash your hands before handling food, even your own.
2. Wait to sample until everyone is ready.
3. If you don't like it, you will have to explain why.

Questions to answer after tasting:

1. Before today, I have eaten green chiles before (circle one): Yes No Not Sure

2. I like Pueblo Chiles... (circle your choice)   
A Lot! Somewhat Not Very Much

Explain your choice above:

3. Use your five senses to describe the color, texture, smell, taste, and sound of Pueblo chiles:

4. Would you try Pueblo Chiles again (circle one)? Yes No Maybe

5. This is what I learned about Pueblo Chiles today:
