

New Mexico Chile

AG
MAG

¿Sí o No?

Test Your Chile IQ!

Circle your guess:

Sí = Yes
No = No



- The heat is found in the seeds. **Sí No**
- Chile can be used for pain relief. **Sí No**
- Chile peppers are a fruit. **Sí No**
- Green chile and red chile come from different plants. **Sí No**
- Birds do not feel the heat from chile peppers like mammals do. **Sí No**
- "Red or green?" is New Mexico's official state question. **Sí No**
- Hot dry weather can help produce hotter chile. **Sí No**

Use this icon to find the answers!



Is Chile a Fruit or Vegetable?

Botanical (plant) Definition:

The fruit part of a flowering plant contains the seeds. Chile peppers come from a flowering plant and contain the seeds, so they can be classified as a fruit. Vegetables are the part of a plant that is edible. Since we eat chile peppers, they can be classified as a vegetable. But, there is more...

Culinary (cooking) Definition:

Fruit and vegetables are classified in cooking by how they are used. When cooking, fruits tend to be used in sweet dishes while vegetables tend to be used in savory or spicy dishes. Since chile peppers are often used in savory or spicy cooking, we could classify them, according to the culinary definition, as a vegetable.

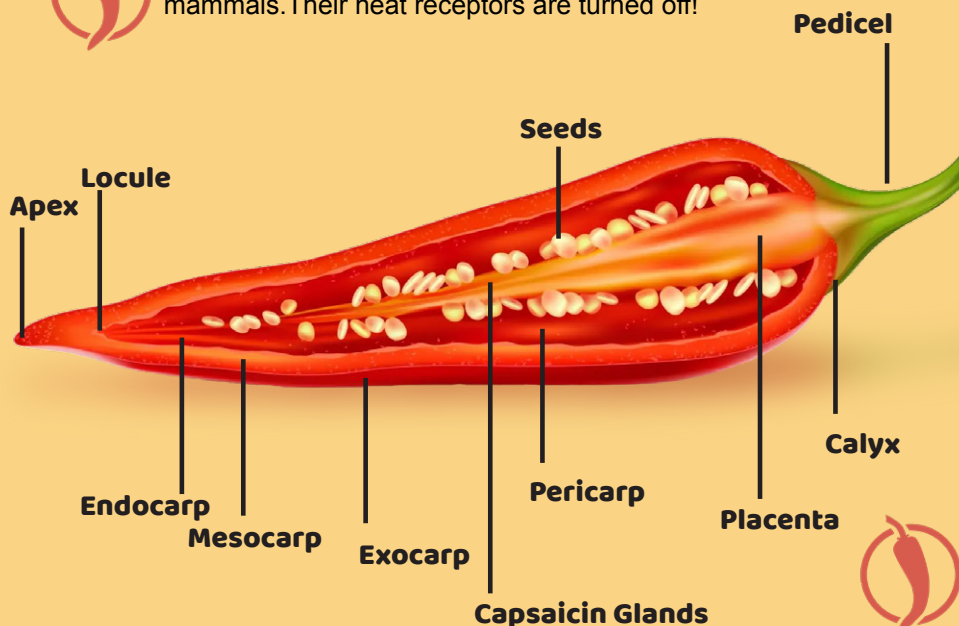
IT'S BOTH!



Chile and frijoles (pinto beans) are the state vegetables of New Mexico!



Birds are not as sensitive to capsaicin as mammals. Their heat receptors are turned off!



Can You Handle the Heat?

Mild, Medium, or Hot?



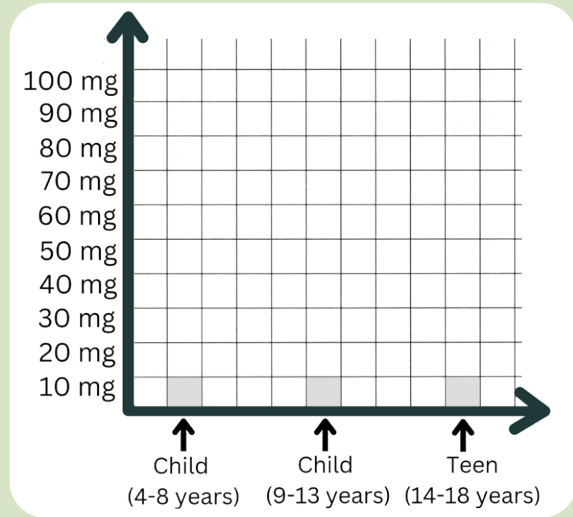
According to the NMSU Chile Pepper Institute, the heat in chile peppers is caused by capsaicin (**pronounced cap-SAY-sin**). Many people think the heat from chile is found in the seeds, but it is actually found in the placenta and capsaicin glands (see picture).

Did You Know?

How hot chile peppers taste is determined by both plant genetics (variety) and the environment, such as hot dry weather. Plant stress can make chile hotter.



Green Chile has *Vitamin C*?



Green chiles are rich in vitamin C, with about 109 mg per 100 grams. It would take approximately six oranges to equal that amount of vitamin C! Consuming green chiles may help reduce inflammation in the body and have been found to have antimicrobial properties, helping to fight against harmful bacteria. Green chiles are also a good source of potassium, and can provide a natural boost to the immune system!

Fill in the bar graph by correctly marking how much vitamin C each student needs, depending on their age:

Child (4-8 years) = 25 mg
Child (9-13 years) = 45 mg
Teen (14-18 years) = 70 mg

Color the # of oranges that would = the vitamin C in 1 green chile.



RED or GREEN?

New Mexico is the only state to have an official state question! New Mexicans love chile so much that the state question, "Red or Green?" refers to whether you prefer red or green chile when ordering New Mexican food dishes.

Insider Tip: If you want both red & green chile with your meal, you can say, "Christmas."



Color your favorite red or green chile.



Did You Know?



Is it chile or chili or chilly?

It depends on where you are in the world! In New Mexico, here is the meaning of each word:
Chile with an e - The fruit of a chile pepper plant that we can eat fresh, roasted, or use as a dry powder (among other methods).

Chili with an i - A spicy stew (popular in Texas and Midwestern states) that contains various peppers, meats, tomatoes, and often pinto beans or kidney beans. Other seasonings may include garlic, onions, and cumin. The dish originated in northern Mexico.

Chilly with a y - Brrrr, it's cold outside.

Now use each word correctly by filling in the blanks.

Because it was _____ outside, we decided to make a big bowl of _____ and had to add more _____ to spice it up even more!

Word Bank: chile chili chilly

Study Tip!

Circle the word you have used to know what you have left.

ALSO:

1 teaspoon of red chile powder has a full day's serving of vitamin A.



Red & Green Roll Ups

Easy classroom & home recipe to vote on your favorite!

Snack-sized flour tortillas (enough for every child to have one)

Green Filling:

This will go on half (1/2) of the tortilla.

- 1 can of refried beans (16 oz, fat-free recommended)
 - 2 cans chopped New Mexico green chile (4 oz. each, not drained)
 - 1 ½ tsp garlic powder
 - Shredded cheese (such as Mexican blend, enough for 1 tbsp for each kid)
- Directions: Mix beans, chile, and garlic powder in a bowl; stir until combined.

1/2

Red Filling:

This will go on the other half (1/2) of the tortilla.

- 1 can of refried beans (16 oz, fat-free recommended)
 - 1 tbsp New Mexico red chile powder (mild recommended for younger kids)
 - 1 tsp garlic powder
 - Shredded cheese (such as Mexican blend, enough for 1 tbsp for each kid)
- Directions: Mix beans, chile, and garlic powder in a bowl; stir until combined.

1/2

Roll Ups Assembly:

1. Place 1 tsp of the red filling on one side of the tortilla and 1 tsp of green filling on the other side.
2. Spread the filling on each half of the tortilla all the way to the edges without mixing them together.
3. Sprinkle 1 tbsp of shredded cheese on top.
4. Roll the tortilla like a pinwheel.
5. Heat the pinwheel to melt the cheese in a microwave or on a griddle.
6. Hold in the middle and taste from each side to compare red to green.
7. Vote for your favorite! Scan the QR code, below, to vote!

Variations:

If you are making this at home, you could add onion, cilantro, chopped tomatoes, avocado and any of your favorite veggies. If using large tortillas (10 inch), the red filling will make 4, cut into 8 pieces each, and the green filling will make 5, cut into 8 pieces each.

Want more nutrition information?

To find an ICAN program in your county, visit: <https://ican.nmsu.edu/>. If your school does not have an ICAN educator, have your teacher call to set up classes: 1-877-993-3637. Recipe provided by: NMSU ICAN.



You tried the chile...

What do you think?

Now that you are a New Mexico chile expert, will you eat more chile? Let us know!



What is your favorite chile?



Chile Experts!

Interesting Chile Careers

Agricultural Researcher:

They help farmers produce larger crop yields. They develop seeds and design & test farm equipment. Also, they find solutions to problems with power and machinery, electrification, structures, soil, and water conservation.



Chile Plant Breeder:

A person that studies seed characteristics and develops new varieties that are productive, nutritious, and are adapted to a changing climate and consumer demands.



Soil Conservationist:

Someone who studies the effects of land use and helps landowners manage the use of their land. Their primary focus is maintaining good soil health. They may develop crop rotation plans.



Food Processor:

Someone who inspects, cleans, packages, and stores food. They may be responsible for working in the food production line and monitoring the machinery during the cooking and mixing process.



New Mexico Chile Farmers

Let's get to know two chile farm families from southwestern New Mexico. Both residing in Luna County, the Hartman and Viramontes families are hardworking generational farmers who have a passion for agriculture and are raising the next generation of agriculturists. They are proud members and serve on the board of the New Mexico Farm and Livestock Bureau (NMFLB), a grassroots organization that supports farmers and ranchers.

Don & Cheryl Hartman are located in Deming, New Mexico, and produce a variety of crops, like watermelon, grain sorghum, onions, and... you guessed it... chile! He supports New Mexico Ag in the Classroom by being available on what he does best - FARMING! By going straight to the source there is no better way to learn about agriculture than visiting with those that are experts in the field. Take a virtual visit to their farm by scanning the QR code below!



Cole & Jamie Viramontes are on the NMFLB Young Farmer & Ranchers Committee. From Deming, New Mexico, Cole is a 3rd generation farmer working to continue the legacy started by his grandfather. His favorite place to be is out in the fields "playing" in the dirt. Cole enjoys testing new fertility practices aimed towards creating healthy soil ecosystems that will be sustainable for future generations.



Take a virtual farm field trip

Meet New Mexico chile farmers. Scan the code, scroll to "Chile Peppers" and click on the video.

Thank a Farmer/Rancher

Farmers across the USA dedicate their lives to growing the crops (plants) and livestock (animals) for the foods we eat, the fabrics we wear, the fuel we use, and so much more!

How Do I Cool Down?

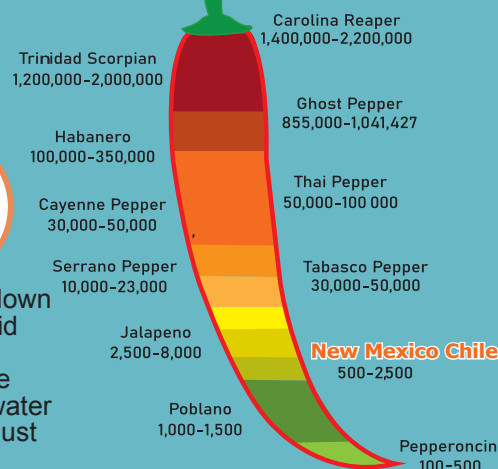
The Scoville scale was created to have a scientific way to measure heat or capsaicin in peppers. It is named after the developer, Wilbur Scoville. The scale ranges from 0 to 16,000,000 Scoville Heat Units.



Try Milk or Kool-Aid!



Milk proteins help break down the capsaicin heat. Koolaid has a high sugar content level that helps reduce the burning sensation. Cold water is NOT your friend, it will just spread the heat!



www.nmaitc.org

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