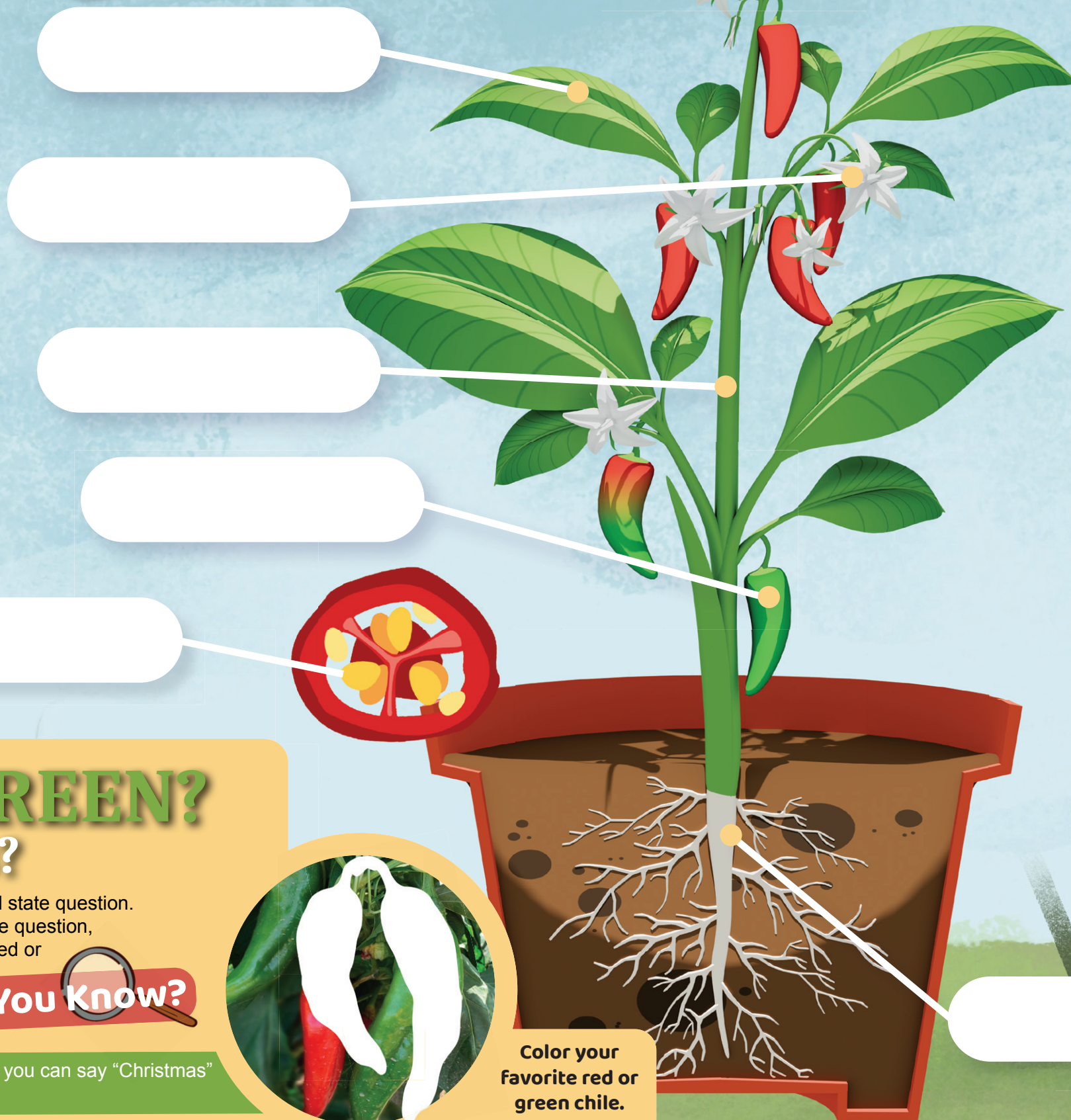


Label the Chile Plant!

If left on the plant, the green chile will continue to ripen and change colors from **GREEN** to **RED**!

Word Bank

Seeds
Roots
Stem
Leaf
Flower
Fruit



Red & Green Roll Ups

Easy 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.

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 (try mild 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.

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.



RED or GREEN? Or Christmas?

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.

Did You Know?

Insider Tip: If you want both with your meal, you can say "Christmas" (since red and green are Christmas colors).



Color your
favorite red or
green chile.



vote!

What is your
favorite chile?

Timeline of a Chile Plant

From start to finish, it generally takes 165 days for the full lifecycle of a chile plant. Look at the timeline to see how long it takes to harvest chile peppers.



Materials Needed:

Coin & small game piece
(ex. pinto bean, macaroni, seed)



How To Play:

- 2-4 players are recommended or play teams
- Place game pieces on the start circle.
- Decide who goes first.
- Flip a coin to move game pieces.
(Heads = 1 space and Tails = 2 spaces)
- Read aloud and follow the directions on each space.
- The first one to the #10 wins!

or Try Playing Class vs. Teacher or Kids vs. Parents

Take a Field Trip with a Chile Farmer!

Take a virtual farm field trip to meet New Mexico chile farmers. Scan the code, scroll to "Chile Peppers" and click on the video.



Start Here!

Prepare your field. Soil is where it all starts!

Plant your seeds!

Move ahead 1 space if you can name a seed you eat.

Irrigate or water your seeds.
Take a drink of water.

Our sunny climate provides the 6-12 hours of sunlight chile plants like.
Sing "You Are My Sunshine!"

Your flowers need to be pollinated! Insects and wind will help!
Buzz like a bee!

Chile, the fruit part of the plant, will begin to form from the flower once it is pollinated.

If left on the plant the green chile will continue to ripen and change colors from GREEN to RED!

It takes about 165 days for chile to fully ripen to red!

Red chile can be made into many yummy things!
Name your favorite way to eat chile.

Seeds are either collected from the previous harvest or purchased from a seed company for the next year's crop.

It's a new year!
PLAY AGAIN!

Seeds to Salsa

The Lifecycle Of A Chile Pepper Game

