



K-State Extension Connection

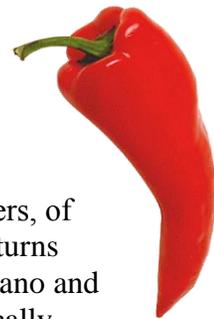
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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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Feeling hot, hot, hot!

What's hot all year long and bites you back when you eat it? Chili peppers, of course! Chilies are a great way to heat up your meals when the weather turns cooler. Choose from several varieties, including cayenne, habanero, serrano and jalapeños, to name a few. Each differs in flavor and heat intensity. Typically, larger chilies taste milder, because they contain fewer seeds and white membrane compared to their size.



Handling

Capsaicins are the fiery substances in chili peppers that pack the heat and can burn your eyes and skin. Handle chilies carefully. Wear thin rubber gloves, if possible. Wash your hands well with plenty of soap and water when done handling chilies. Avoid touching anyone's nose, eyes or mouth after handling hot peppers.



Availability, Selection and Storage

Hot chilies may be fresh, canned or dried. Fresh chili peppers are available year 'round. Look for firm glossy chilies with taut smooth skin and green stems. Dried hot peppers should be glossy and unbroken. Store fresh chilies for up to three weeks: Wrap them, unwashed, in paper towels and refrigerate.

Store dried chilies in an airtight container at room temperature for a maximum of four months. If you will be keeping dried chilies for more than four months, store them in the refrigerator.



Preparation

To prepare chili peppers, rinse and cut them in half. If you want to decrease the heat intensity of chilies, remove the seeds and veins. Soak chopped chilies in salt water for 1 to 2 hours to help “cool them off” as well.

Enjoy

If the bite is too strong when you eat a chili, chew on bread or another starchy food. Water only spreads the heat. Peppers are packed with vitamin C and good for- you antioxidants, yet are low in calories.

Ready to turn up the heat? Try adding some chilies to your favorite soups and Mexican dishes. For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Our website is <http://www.wildcatdistrict.k-state.edu/> or follow us on Facebook: Wildcat Extension District.

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