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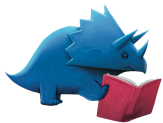
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your thoughts to us at:
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*Spice of the Month Kits are free, but supplies
are limited. Please, only one kit per household.*



*We have a **monthly newsletter**! Keep up-to-date on
all the library's happenings and latest events!*



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Spice up your life!

The library will have take-and-make
kits to pick up at the beginning
of every month.

Each kit includes:

- Packet of the featured spice
- Information and fun facts
- Recipes to try at home

Cayenne

Cayenne, (*Capsicum Annuum*), is a type of chili pepper that originated in the French territory of French Guiana, South America. The pepper that we imagine is the ground version of the pepper, which starts out green and turns red as it ages. Botanically speaking the pepper is a berry, not a vegetable. This is due to the fact that it has seeds inside the pepper. The cayenne pepper has many other names, such as guinea spice, cow horn pepper, aleve pepper, bird pepper, and red pepper. There are over 3,000 varieties of the pepper within the *genus capsicum* as they cross pollinate easily. The *genus capsicum* is believed to have been domesticated almost 6,100 years ago in Mesoamerica and belongs in the Solanaceae family.

This pepper is most often used dried, ground, or pulped, though it can also be used whole or made into a vinegar sauce. It rates around 30,000-50,000 on the Scoville scale, which tops out at around 1 million Scovilles.

Fun Facts

- The genus name, *capsicum* is believed to be a derivative of the Greek word *kapto*, meaning “to bite”.
- Birds are the chief distributors of *capsicum* due to their inability to taste heat.
- Fellow family members to the Cayenne plant are potatoes, eggplant, and tobacco.
- Cayenne is high in iron and vitamins A, C, E, K, and some B vitamins.
- It is considered a digestive stimulant, as well as a cardiovascular tonic, and can be used in first aid to slow bleeding.
- Some believe that Christopher Columbus gave the plant the name cayenne after discovering the spice in Cayenne, French Guiana.

Information from the DIY natural and Britannica.

Let's talk medicine

Cayenne can be transformed in a variety of ways to make it more palatable for use. From ingestible forms such as tea, tinctures, and capsules, to being included in oils and salves for topical treatment.

Health benefits

- May clear congestion or stimulate digestion
- Act as a natural treatment for healing ulcers and stomach health
- Can potentially reduce risk of forming blood clots



Considerations in use

- Always start with small amounts of cayenne and then slowly increase as desired.
- Cayenne is very irritating to the eyes and sensitive skin.
- Cayenne should NOT be taken in large amounts during pregnancy or alongside medicines such as blood thinners.



Instructions

- 4. Roll heaping tablespoons of dough into balls. Roll balls in sugar-cinnamon mixture and place 2 inches apart onto the prepared baking sheets.
- 5. Bake in the preheated oven until centers are set and edges are slightly cracked, about 10 minutes. Cool on the baking sheets for about 5 minutes before removing to a wire rack to cool completely.
- 6. Enjoy!



Cinnamon Cayenne Citrus Salad

🕒 Total Time: 5 mins 🍽 Servings: 2



Ingredients

- 1 ruby red grapefruits
- 1 orange navel, blood, or Cara Cara are all good
- 1 Minneola orange (aka Tangelo)
- 1/4 cup Pure maple syrup
- 1 teaspoon ground cinnamon
- 1/8 teaspoon pure vanilla extract
- Pinch ground cayenne pepper
- Cacao nibs



Recipe from: Allrecipes

<https://www.allrecipes.com/recipe/260758/s-picy-mexican-hot-chocolate-cookies/>



Recipe from: Salt and Wind Travel

<https://saltandwind.com/cinnamon-cayenne-citrus-salad-cacao-nibs-recipe/#recipe>



Instructions

1. Peel the grapefruit and oranges and slice the fruit into rounds.
2. Remove the seeds and arrange your fruit on a serving platter.
3. In a small bowl, combine the maple syrup, cinnamon, vanilla, and cayenne.
4. Drizzle the syrup over the slices of citrus.
5. Sprinkle the cacao nibs over top and serve!



Spicy Mexican Hot Chocolate Cookies

🕒 Total Time: 35 mins

🍷 Servings: 24

Ingredients for cookies:

- 1 $\frac{3}{4}$ cups white sugar, divided
- 1 cup butter, softened
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon sea salt
- 2 large eggs
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- $\frac{1}{2}$ cup unsweetened cocoa powder
- 1 teaspoon ground cinnamon, divided
- $\frac{1}{2}$ teaspoon cayenne pepper
- 2 $\frac{1}{4}$ cups all-purpose flour
- 1 cup semisweet chocolate chips

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Line 2 baking sheets with parchment paper.
2. Beat together 1 $\frac{1}{2}$ cups sugar, butter, vanilla, and salt in a large bowl with an electric mixer until light and fluffy. Beat in eggs one at a time, mixing well after each addition. Mix in cream of tartar and baking soda. Beat in cocoa powder, $\frac{1}{2}$ teaspoon cinnamon, and cayenne powder. Beat in flour. Stir chocolate chips into dough until incorporated.
3. Mix together remaining $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ teaspoon cinnamon in a small bowl.

Recipe from: Salt and Wind Travel

<https://saltandwind.com/cinnamon-cayenne-citrus-salad-cacao-nibs-recipe/#recipe>



Recipe from: Allrecipes

<https://www.allrecipes.com/recipe/260758/spicy-mexican-hot-chocolate-cookies/>

