

Cayenne Pepper

Botanical name: *Capsicum annuum*

Family: Solanaceae

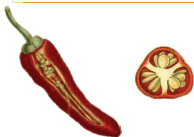
Common names: cayenne, chili pepper

Parts used: fruit, seeds

Description: Cayenne peppers are grown from a bush with small, green leathery leaves and small white flowers, where the peppers emerge from. The peppers are hottest when red and most bitter when green. They taper towards the bottom end with a curved tip, are between 10 and 25 cm long, are usually skinny, and have a slightly rippled skin.

Preparations: The fruit, or pepper, of the plant are most commonly dried and ground to be used as a spice for cooking. The pepper is also used in tinctures and teas for internal use, and in salves, oils, and ointments for external use.

Cayenne peppers are high in capsaicinoids, a compound that stimulates blood flow.



Folklore and History: The Maya, Aymara, and many native peoples of Central and South America, believe cayenne pepper to provide spiritual protection and cure spiritual afflictions. The Tupi people of the Amazon believe that a deity, Patobkia, rubs cayenne pepper juice in the eyes of the deceased so that their spirit may regain sight and enter into the afterlife.

Precautions: Use caution not to touch sensitive areas, like the eyes, when working with cayenne pepper. Like most peppers, use with caution if you have gastrointestinal issues.

Tabasco hot sauce brand uses tabasco peppers, *capsicum frutescens*, which are similar in heat and flavor but not the same as cayenne peppers.



Actions/Virtues:

Antioxidant, antifungal, antiseptic, carminative, diaphoretic. Cayenne peppers are great for treating pain, rheumatoid arthritis, muscle spasms, fevers and colds, and is a general tonic used to promote gut and circulatory system health in regulated amounts.

Growing conditions:

In tropical and subtropical regions, these plants grow as perennials. They are best grown in moist, well-drained soil with a neutral pH. They prefer soil that is low in nitrogen and full sun. the plant you would like it to resemble.