CAYENNE PEPPER

By, Saniha Dogganahalli (5ᵗʰ Grade)

Cayenne pepper a powerful spicy little pepper used to flavor dishes and named for the city of Cayenne, the capital of French Guiana. Cayenne pepper is typically added to food in either its natural or powdered form. Cayenne deriving from a Tupi Indian name. It is now grown largely in India, East Africa, Mexico and the United States, in fact most tropical and sub-tropical regions. Only the cayenne fruit can be eaten.

It offers many health benefits:
- Can stimulate our body's circulation
- Reduce acidity, and treat stomach ulcers, heartburn, and sore throat
- Clears congestion from allergies, cold, flu
- Anti-fungal and anti-bacterial treatment
- Prevents migraine headaches
- Improves metabolism and digestive track health
- Helps produce more saliva, and reduces dry mouth issues
- Reduces the formation of blood clots, strokes, and heart attacks
- Detoxification

Cayenne pepper adds a zest to most cooking, and is safe to be eaten.