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Peppers:

- Are actually fruits and there are thousands of varieties
- Are part of the nightshade family which also includes tomatoes, potatoes, eggplants, almond willow trees, and vines in the canopy of the rainforest.
- Nightshades are one of the most utilized and important plant families.
- During wartime cayenne peppers have been used for first aid as an antiseptic.
- Bell peppers, in all colors, are the same plant. They often start off green, turn yellow and finally red. Red peppers have more than twice the vitamin C of the green peppers and three times the vitamin C as an orange.
- They also improve circulation and digestion.
- Capsaicin is the active component in chili peppers. It has anti-inflammatory properties as well as pain relief, and promotes lower cholesterol. They make people sweat which helps cool the body in hot climates where they grow.

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