

J is for jalapeño. The jalapeño is a small to medium-sized chile pepper prized for the hot, burning feeling it produces in the mouth when it's eaten. It is named after the Mexican city of Xalapa, Veracruz where it was traditionally grown. Many people make the mistake of drinking water when they find the pepper too hot. This actually makes it worse! The ingredient capsaicin is what gives the pepper its fire. It is not dissolved in water so it is spread around your mouth, if you drink water. The best thing to do is drink milk.

