



September 20, 2017

6th, 7th, & 8th Grade Ecology Elective

Words of the Week

- ◆ *Brassica oleracea*—plant species that includes many common foods like broccoli, cauliflower, kale, Brussels sprouts, collard greens, kohlrabi, and cabbage.
- ◆ Resiliency—capacity to recover quickly from difficulties; toughness.
- ◆ *Solanum lycopersicum*—tomato plant; belongs to night shade family.
- ◆ *Solanum melongena*—eggplant; belongs to night shade family.
- ◆ Capsaicin—active component of chili peppers, which are plants belonging to the genus Capsicum.
- ◆ Scoville Scale—measurement of the pungency (spicy heat) of chili peppers.

Plants, Plants and More Plants!

Anisacanthus, Brassicas, Solanum (edible nightshade), Capsicum.



Our 6th graders are creating beautiful butterfly gardens.



Media of the Week

<https://www.cayennediane.com/>
We learned about the Scoville Scale this week and the 6th graders seeded several different varieties of peppers.



Get Local Recipe:

Spicy Basil Pesto

- ◆ 3 C fresh basil leaves rinsed
- ◆ 1 whole hot pepper jalapeno, serrano or maybe something even hotter works
- ◆ 1/4 C roasted pine nuts
- ◆ 2 cloves garlic
- ◆ 1 t freshly squeezed lemon juice
- ◆ 3/4 t salt
- ◆ 1 t freshly ground black pepper
- ◆ 1/2 C extra virgin olive oil
- ◆ 1/2 C grated parmesan cheese

Steps

1. Using a food processor or blender, process basil, hot pepper, nuts, garlic, lemon juice, salt and black pepper until almost a smooth paste.
2. Slowly stream in olive oil (using either a food processor or blender, while the lid is still on).
3. Once everything is combined, stir in parmesan cheese.
4. Taste and adjust salt and pepper as desired.



Did You Know?

Did you know the hottest pepper is the **Carolina Reaper** (2,200,000 Scovilles)!!



Compare that heat to a **Jalapeno Pepper** (only 10,000 Scovilles).

Parents Welcome!

Parents, please come help us beautify our gardens and earn volunteer hours.

<http://signup.com/go/nHODWca>