



WM Barbara Spencer  
WP Joe Spencer



**APRIL 2023 WEEKLY READER #2**

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**- VOL.5 ISSUE. 14**

**April Birthdays**

- 15 Rhonda Weddle
- 17 Donna Adams
- 17 Barbara Spencer
- 25 Yvonne Ryan
- 29 Lucille Davidson



Grab a pencil and piece of paper. How many words can you make using the letters in "Black Pepper"  
**We found 78!**



**April:**

**Flower:** Daisies and Sweet Peas

**Birthstone:** Diamond

**Zodiac Signs:** Aries = March 21 -

April 19 -> Taurus = April 20 - May 20

**TMRC Daylight Chapter #1145**

**April 24 – Stated Meeting 1:30 pm**



**Black pepper** comes from a flowering vine cultivated for its fruit (the peppercorn), which is usually dried and used as a spice and seasoning. The fruit is a drupe which is about 0.20 inches in diameter, dark red and contains a stone which encloses a single pepper seed. Peppercorns and the ground pepper derived from them may be described simply as pepper, or more precisely as black pepper (cooked and dried unripe fruit), green pepper (dried unripe fruit), or white pepper (ripe fruit seeds).

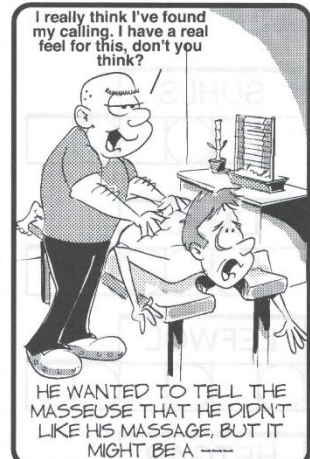


Black pepper is native to the Malabar Coast of India, and the Malabar pepper is extensively cultivated there and in other tropical regions. Ground, dried, and cooked peppercorns have been used since antiquity, both for flavour and as a traditional medicine. Black pepper is the world's most traded spice, and is one of the most common spices added to cuisines around the world. Its spiciness is due to the chemical compound piperine, which is a different kind of spicy from the capsaicin characteristic of chili peppers. It is found everywhere in the Western world as a seasoning and is often paired with salt and available on dining tables in shakers or mills.

(cont'd pg 2)

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

HNUCK  
TURET  
BIRSEC  
PAJLOY



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here

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**HERBS AND SPICES**

Y	L	C	B	Y	F	B	P	A	R	S	L	E	Y
P	A	P	R	I	K	A	X	R	Q	Y	T	A	Y
C	H	I	L	I	P	O	W	D	E	R	H	L	O
G	N	S	Q	C	H	Z	F	P	I	F	Y	G	N
C	S	T	N	U	L	O	O	P	R	P	M	C	I
R	N	U	T	M	E	G	Z	E	F	H	E	I	O
O	E	B	P	I	U	C	J	P	U	V	H	N	N
S	F	A	W	N	Z	O	G	P	P	X	Z	N	P
E	A	S	D	O	A	X	P	E	X	J	L	A	O
M	O	I	N	S	A	L	T	R	K	Q	Y	M	W
A	C	L	O	V	E	S	Z	F	S	R	J	O	D
R	H	S	O	R	E	G	A	N	O	U	Z	N	E
Y	G	A	R	L	I	C	P	O	W	D	E	R	R
O	S	N	B	M	E	P	P	T	W	B	O	Q	H

- BASIL
- PEPPER
- CHILIPOWDER
- CLOVES
- CINNAMON
- CUMIN
- GARLICPOWDER
- NUTMEG
- ONIONPOWDER
- OREGANO
- PAPRIKA
- PARSLEY
- ROSEMARY
- SALT
- THYME

(cont'd)

As of 2020, Vietnam was the world's largest producer and exporter of black peppercorns, producing 270,192 tons or 36% of the world total. Other major producers were Brazil, Indonesia, India, Sri Lanka, China, and Malaysia. Peppercorns are among the most widely traded spice in the world, accounting for 20% of all spice imports.

### History

Black pepper is native to South and Southeast Asia and has been known to Indian cooking since at least 2000 BCE.

While pepper was grown in southern Thailand and in Malaysia, its most important source was India, particularly the Malabar Coast, in what is now the state of Kerala famous for exporting black pepper and various other spices and is often mentioned for its trade with Roman Empire, Egypt, Mesopotamia, Levant, and Yemen. Peppercorns were a much-prized trade good, often referred to as "black gold" and used as a form of commodity money.

In early Europe Pepper was so valuable that it was often used as collateral or even currency. Alaric, king of the Visigoths, required 3,000 pounds of pepper as part of the ransom he demanded from Rome when he besieged the city in the fifth century. After the fall of Rome, others took over the spice trade, first the Persians and then the Arabs; "pepper was still being exported from India in the sixth century". By the end of the Early Middle Ages, the central portions of the spice trade were firmly under Islamic control. In the Mediterranean, the trade was largely monopolized by Italian powers, especially Venice and Genoa. The rise of these city-states was funded in large part by the spice trade.

### Nutrition

One tablespoon (6 grams) of ground black pepper contains moderate amounts of vitamin K (13% of the daily value or DV), iron (10% DV), and manganese (18% DV), with trace amounts of other essential nutrients, protein, and dietary fibre.

Pepper loses flavor and aroma through evaporation, so airtight storage helps preserve its spiciness longer. Pepper can also lose flavor when exposed to light. Once ground, pepper's aromatics can evaporate quickly; most culinary sources recommend grinding whole peppercorns immediately before use for this reason. Handheld pepper mills or grinders, which mechanically grind or crush whole peppercorns, are used for this as an alternative to

pepper shakers that dispense ground pepper. Spice mills such as pepper mills were found in European kitchens as early as the 14th century, but the mortar and pestle used earlier for crushing pepper have remained a popular method for centuries, as well.



## FIND 10 DIFFERENCES



Help Bunny to collect Easter Eggs.

