



Produce of the
Month

Corn

Welcome! Picture a steaming hot ear of corn in front of you right now and you will probably be thinking of yourself happily enjoying the sweet, delicious flavor and unique texture that comes only with fresh cooked corn. It is one of the most important vegetables in the world as it can be eaten as is, as a grain, or incorporated into meals for all times of the day. Corn is also becoming a popular source of renewable energy in the form of E85 ethanol, and many modern automobiles are designed to run specifically on this special corn-based fuel. In all, there are more than 3,500 uses for corn, and more are being developed all the time!

But let's get back to that ear of corn you are picturing right now. One of the greatest things about corn is that locked inside that irresistibly sweet flavor are many important nutrients, as well as one of the greatest sources of fiber one can add to his or her diet.

Source: WHFoods.com, Nebraska Corn Board



Different Kinds of Corn

Just like many other vegetables, there are several varieties of corn, all of which have rather different uses. Sweet Corn is what we most often encounter at the dinner table, either on the cob or in frozen or canned form. Flour Corn is easily ground and used in baked goods, but can also be eaten the same as Sweet Corn. Flint Corn is very hard but very colorful, ranging from white to red. It is sometimes referred to as "Indian Corn", and is primarily used for industrial purposes, livestock feed, and decoration. Popcorn is a type of Flint Corn that has a very hard kernel that traps moisture inside. When heated, the moisture turns to steam and the kernel explodes, providing us with everyone's favorite movie theater snack. Dent Corn gets its name from the characteristic dent in each kernel and is used for processed foods and livestock feed. Finally, there is Pod Corn which is thought to have been the first type of corn grown. It is not easy to use however, since each kernel grows in its own husk. Pod Corn is primarily used for research today.

Sources: Smithsonian Institute National Museum of Natural History

A Tasty Treat To Try At Home

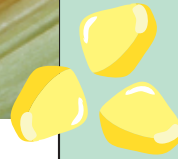
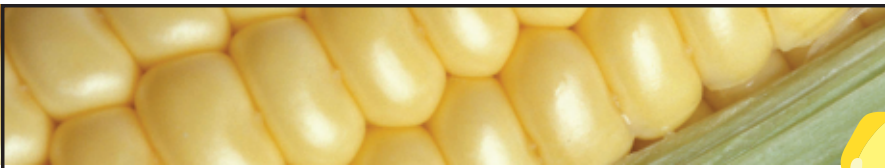
Corn, Tomato & Basil Salad

- 1 1/2 tsp** Olive Oil
- 1 1/2 tsp** Minced Garlic (fresh or from a jar)
- 1 1/2 cups** Frozen Corn Kernels, Thawed and Drained
- 3** Chopped Plum Tomatoes
- 2 tbsp** Chopped Fresh Basil Leaves
- 4 tsp** Balsamic Vinegar
- 1/2 tsp** Ground Black Pepper

METHOD

1. Heat a pan over medium high heat. Add the olive oil and garlic and cook for 1 minute. Add the corn and continue cooking, stirring occasionally, for about 5 more minutes or until the corn is cooked through.
2. Remove the pan from the heat. Let the corn cool to room temperature.
3. Now you get back to work: using a wooden spoon, pour the corn into a large bowl.
4. Add the chopped tomatoes, basil, balsamic vinegar, and black pepper. Using that wooden spoon again, stir gently until all the ingredients are mixed well. Try to make sure everything stays in the bowl while you stir!
5. Eat!
6. If you're not eating it right away, cover and put the salad in the refrigerator. It will keep for 1-2 days in the fridge.





Notable Quotable

"Plough deep, while Sluggards sleep;
And you shall have Corn, to sell and to
keep." - Benjamin Franklin

For Your Health!

Corn is not only deliciously tasty and a versatile ingredient in many dishes, but also packed full of valuable nutrition. One cup of cooked yellow corn yields over 18% daily value of fiber as well as 24% daily value of Vitamin B1! On top of this, corn provides high amounts of protein (10%), Vitamin B3 (13%), Vitamin C (17%) and folate (19%), and that does not even touch on the mineral content in corn! A single cup of corn provides between 11% and 17% daily value of potassium, magnesium, manganese and phosphorus. All of this comes to you and your family for the low, low cost of 177 calories per one cup serving.

Of course, corn is often used in milled form in breads, cereal, and grits. New research shows that milled corn is high in antioxidants called carotenoids, and the milling process itself makes those antioxidants more accessible to the human body! Carotenoids may reduce the risk of cardiovascular disease, macular degeneration, and certain types of cancer.

Some people refer to corn as a vegetable that is as sweet and wonderful as candy. If only candy were this nutritious!

Sources: WHFoods.com, Iowa Corn Promotion Board

Did You Know That ...

- Corn is believed to have first appeared in Mexico, a descendant of the teosinte plant that still grows there today.
- Corn is now grown on every continent except Antarctica.
- Corn is grown more widely in Africa than any other crop.
- Forty-five percent of the world's corn is produced in the United States, much of it being processed into livestock feed.
- The average ear of corn has 800 kernels arranged in 16 rows. That means there is an average of 50 kernels per row!
- In the United States, corn production is more than twice that of any other produce item!
- Iowa, Illinois, Nebraska and Minnesota produce more than 50% of the corn grown in the U.S. Other major corn growing states include Indiana, Kansas, Kentucky, Ohio, Wisconsin, South Dakota, Michigan and Missouri. These states are known collectively as "the Corn Belt".
- Just as Native Americans called corn "maize", so do the British. In the U.K., the term "corn" refers to any type of grain, whereas in the U.S. "corn" specifically refers to the vegetable.
- The pilgrims referred to corn as "Indian Corn".

Sources: Iowa Corn, CampSilos.org, Big Site of Amazing Facts, Smithsonian Institute National Museum of Natural History

Best Ways To Enjoy Corn

1. Corn is believed to be descended from the _____ plant native to _____.
a. Tea, Madagascar b. Tannins, Malaysia c. Teosinte, Mexico
d. Chamomile, Mexico e. Chrysanthemum, Myanmar
2. Which of the following states is not in the "Corn Belt"?
a. Nebraska b. North Dakota c. Kentucky d. Missouri e. Kansas
3. About how many kernels would be on three ears of corn?
a. 800 b. 1,200 c. 1,600 d. 2,400 e. 3,000
4. Corn is used to manufacture what types of products?
a. Adhesives b. Biofuel c. Sweeteners d. Starch e. All of the above
5. Corn provides 24% daily value of what?
a. Fiber b. Calories c. Manganese d. Vitamin B1 e. Vitamin C
6. Where would you not find corn growing?*
- a. Michigan b. Vento c. Dolj d. Guateng e. Petermann Island
7. Milled corn is high in easily-accessible antioxidants called what?
a. Betalains b. Flavonoids c. Carotenoids d. Saponin e. Stilbenoids
8. This kind of corn has very hard kernels but is also very colorful.
a. Dent b. Flou c. Sweet d. Flint e. Pod
9. In the U.S., corn is produced how many times more than other produce items?
a. 2 b. 3 c. 4 d. 5 e. 6
10. The pilgrims referred to corn as what?
a. American Corn b. Native Corn c. Western Corn
d. Indian Corn e. New World Maize

For More Information

For more information about corn, please contact:

National Corn Growers Association
www.ncga.com

Corn Refiners Association
www.corn.org



Answers: 1:c, 2:b, 3:d, 4:e, 5:d, 6:e, 7:c, 8:d, 9:a, 10:
* Wandering where each of the places is located? Vento is in Romania,
Guateng is in South Africa and Petermann Island is located off of Antarctica.