

# Corn

**Aw, shucks. How do I pick the best?**

- It doesn't matter how you get corn, though many people say it tastes best fresh! You can also buy it canned or frozen.
- If you buy fresh, make sure the husks are green, tight and fresh looking.
- Pull the husk open to make sure that the ear contains tightly packed rows of plump kernels. The kernels should be smaller at the tip of each ear of corn.
- If you pinch a kernel of corn, milky juice should spurt out.
- Corn should be stored in a cool area.
- Corn is fresh in the summer months.

**You're all "ears" to these ideas:**

- Add corn to your favorite foods for beautiful color and crunch, including:
  - A jar of salsa
  - A delicious soup or chili
  - Salad
  - Rice
  - Pasta sauce
  - Pizza
  - Stuffing
- Grill corn on the cob instead of boiling it.
- Try seasoning your corn with fresh herbs, light dressings or lemon instead of butter or margarine.
- Make your own corn tortillas or learn how to make tamales.
- Make a delicious batch of crunchy popcorn. Flavor it with cinnamon instead of butter and salt for a "sweet" treat.
- Make cornbread and include whole corn kernels.

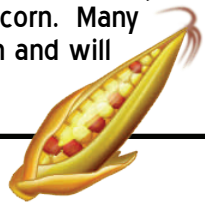
**Jimmy cracked corn, and it has folate, Jimmy cracked corn and it has folate. Does Jimmy care that it has folate? And why should you? Truth is, Jimmy cares because folate is helps your body cells and tells them what to do. Everyone needs folate because new cells are always being made in your body, no matter how old you are. Folate is especially important for children because they are always growing! Jimmy is cracking his corn to serve it, how will you serve yours?**

*Why corn? Why me? Why now?*

**Recipes**

**Grilled corn on the cob**

1. Preheat the grill to high, or about 550°F.
2. Remove the visible silks from the tips of the corn. Place the corn in their husks on the hot grill. Cover. Turn the corn occasionally, until the husks are charred on all sides, about 15-20 minutes.
3. Remove corn from grill. Let cool for 5 minutes. Use a towel to protect your hands while removing the silks and charred husks from the corn. Many of the corn kernels should look brown and will taste delicious!



**Taco soup**

- 1 can of kidney, black, or pinto beans
- 1 can of tomatoes
- 1 can of tomato sauce
- 1 can of corn

- Optional:
- Sour cream
  - Salsa
  - Shredded cheese
  - Sliced olives
  - Green onions



Simmer beans, tomatoes, tomato sauce, and corn together for 15 minutes. Garnish with any of the optional ingredients and eat with flour or corn tortillas. You can also use it to top a taco salad or reheat it the next day for lunch or dinner.



Viva Vegetables!

For Kids

Did you know???

- Native Americans used many parts of the corn plant. They liked to eat the corn kernels, they used the corn husks (or green leaf covering) to make masks, shoes, dolls, and sleeping mats, and the cobs for ceremonies and games.
- The ancient Native Americans transformed a wild grass named "teosinte" into corn through special growing techniques.
- Corn isn't just yellow. The kernels can be many colors like shades of red, white, black, and brown.

ASK YOUR FRIENDS AND FAMILY TO HELP YOU SING THIS CORNY SONG! IT IS SUNG TO THE TUNE OF "OLD MACDONALD HAD A FARM."

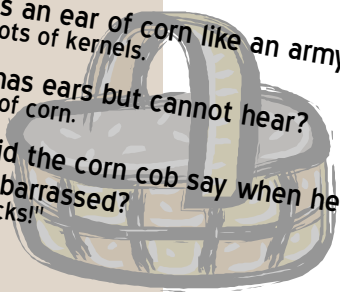
Popcorn popping, oh, what fun!  
 Popping big and white.  
 We will wait until it's done,  
 Then we'll grab a bite.  
 With a pop, pop here,  
 And a pop, pop there,  
 Here a pop, there a pop,  
 Everywhere a pop, pop.  
 Popcorn popping, oh, what fun!  
 Popping big and white.

WHAT OTHER SONGS CAN YOU THINK OF THAT HAVE THE WORD "CORN"? WHAT ABOUT "JIMMY CRACKED CORN"?

How is an ear of corn like an army?  
 It has lots of kernels.

What has ears but cannot hear?  
 A field of corn.

What did the corn cob say when he was embarrassed?  
 "Aw, shucks!"

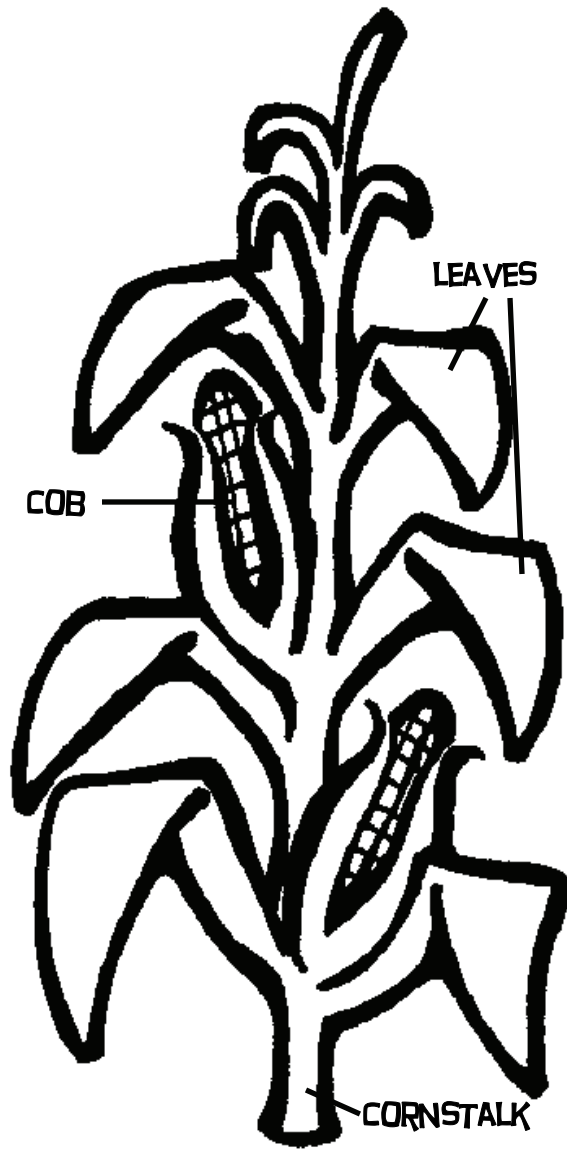


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COLOR THE CORN KERNELS! COLOR THIS CORN PLANT AS IF YOU WERE GROWING IT IN YOUR GARDEN. REMEMBER THAT THE KERNELS CAN BE MANY DIFFERENT COLORS.



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