

Corn

Harvest of the Month Newsletter | May



FUN FACTS

- Corn is a member of the cereal grass family, and is related to other grains such as wheat, oats, barley, and rice.
- An average ear of corn has 500-1,000 kernels.
- One ear of corn contains about the same amount of calories as a banana.
- Corn, or maize, was first domesticated in Mexico over 10,000 years ago. World explorers introduced this staple crop to other countries where it grew in popularity due to its ability to thrive in diverse climates.



GOOD FOR YOUR BODY

Corn contains several B vitamins, which are essential for supporting the body's metabolism, producing energy and aiding the body in fighting disease and infection. It is also a good source of vitamin C, magnesium, and phosphorus. The fiber found in sweet corn helps provide fullness after meals, which can help you achieve and maintain a healthy weight.



HARVEST SEASON

Peak corn season in Pennsylvania lasts from May through September.

TASTY TIPS

- Purchase sweet corn with the husks still attached. Look for green-colored husks and lots of silk tassels coming from the top of the ear.
- Store corn in the refrigerator with the husk still on to preserve the freshness.
- Remove kernels from the cob by standing the corn on end on a cutting board and cutting down the cob with a sharp knife.
- Corn can be creamed, made into chowder, boiled or roasted. Add fresh corn to salads or mix it with non-starchy vegetables.



Contents obtained from the Pennsylvania Department of Education and Penn State University (Project PA).