

# Corn

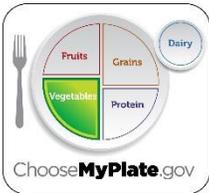


Corn, also known as maize, is the most widely grown crop in the United States and in Georgia. Corn is a member of the grass family.

## USES AND TIPS

Select ears of corn with green husks, fresh silks and tight rows of kernels. Refrigerate corn with husks on and use within 1-2 days.

Ears of corn can be steamed, roasted, grilled or microwaved. Consider adding corn kernels to salads, salsa, and soups and chowders. For added texture, add corn kernels to muffins and cornbread. For a whole grain snack, munch on air-popped popcorn!



## NUTRITION NOTES

- One medium ear of corn has 88 calories, 1 gram of fat and 2 grams of fiber.
- One small ear (~ 6 inches long) counts as ½ cup of vegetable.
- Corn is a member of the Starchy Vegetable Subgroup.
- Corn is a good source of **vitamin C** (*an antioxidant that promotes healing*) and **fiber** (*helps with digestion*).

## SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Sweet corn is grown in all 50 states.

Corn is native to the Americas and has been cultivated for more than 7,000 years.

There is one piece of silk for each corn kernel.

The average ear of corn has 800 kernels in 16 rows. There will always be an even number of rows.

Types of corn include Sweet Corn, Field Corn and Indian Corn. Field corn is harvested when mature (dried). Dried corn is usually classified as a grain. Popcorn is a type of Indian corn.

Sweet corn is harvested when immature and the kernels are tender. Sweet corn is considered a vegetable.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Sweet corn is a warm-weather crop and grows well in Georgia's climate.
- In 2016, Georgia was ranked 3<sup>rd</sup> in the nation for sweet corn production.
- In 2016, the top counties for corn production were Decatur, Mitchell, and Seminole.
- Sweet corn is in season in Georgia from May until mid-September.
- Sweet corn matures in about 60-100 days, depending on the variety.

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