

Did You Know...?

- ◆ Sweet corn leaves were used as chewing gum by Native Americans.
- ◆ Corn is grown on every continent except Antarctica.



- ◆ Corn is a 100% whole grain.
- ◆ Corn is a good source of vitamin C and A, potassium, thiamine and fiber.
- ◆ Corn is high in natural sugars/starches.
- ◆ An ear or cob of corn is actually part of the flower and an individual kernel is a seed.
- ◆ Corn is part of the grass family.
- ◆ Corn is called “maize” by most countries.
- ◆ The United States produces anywhere from 2.2—2.9 billion pounds of sweet corn annually.
- ◆ In the days of the early settlers, corn was so valuable that it was used as money.

It's that time of year again! Sweet corn is in season! Wisconsin is one of the top sweet corn producing states in the nation. This grain is said to have originated in the lowlands of the Andes Mountains of South America. Today sweet corn is completely domestic, so it is very unlikely that we would find it growing wild.

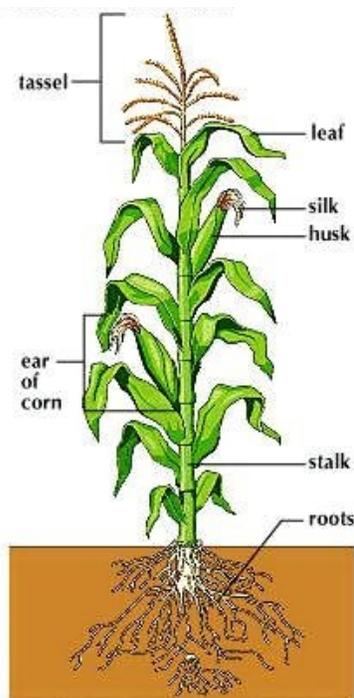
Lets take the month of August to celebrate and thank all of the sweet corn producers in Crawford County!

Start watching for fresh sweet corn at our local farmers' markets!

What to look for:

Choose corn with bright green husks and well-filled ears with plump kernels. Watch out for ears with shriveled kernels. Ears should have smaller kernels at the tip and larger at the bottom.

Parts of the Plant



Grilled Corn Salsa

Recipe By: *Minimalist Baker*

Ingredients

- 2 large ears of corn
- 1/4 red onion, diced
- 2 ripe tomatoes, seeds slightly removed and diced
- 1 serrano or jalapeño pepper, seeded and minced
- Sea salt and ground black pepper to taste
- Juice of one lime
- 1/3 cup fresh cilantro, chopped

Instructions

Soak cobs in a large bowl of water for 10 minutes with husks on. Heat grill to medium. Place on grill for 15-20 minutes, turning every 5 minutes.

Once grilled, remove husks, slice corn off of the cob and add to a bowl with the remaining chopped ingredients. Add lime juice and stir.

Taste and adjust seasonings as needed, adding more salt, pepper or lime juice for added flavor.

Serve with tortilla chips or with your favorite Mexican dishes!



Look for the Harvest of the Month display in your local grocery store, complete with recipe cards provided by Crossing Rivers Health!

Every month, the AmeriCorps Farm to School program shares a “Harvest of the Month” presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. These foods will be incorporated into the lunchroom menu. For more information about this program please contact Jane Schaaf (jane.schaaf@ces.uwex.edu). Visit www.driftlesswisconsin.org for more information on local farms and foods. Funding for this newsletter was provided through a 3M community grant and Healthy Roots.

