BUFFALO FARM TO SCHOOL

Corn

Varieties Grown in New York State

- **Jester**
- **Sundance**
- **Tuxedo**
- **Sugar Ace**

Nutrition and Health Benefits

- **Corn is low in fat, and saturated fat free.**
- **Corn contains no cholesterol or sodium.**
- **Corn is a good source of Vitamin C, which helps repair tissues and protect against heart disease!**
- **The kernel of corn is a whole grain!**
  EXPERT TIP! Looking for a healthy, whole grain snack for kids? Popcorn! Air-pop some dried corn kernels without butter or oil and sprinkle on some no salt seasonings for a great kid-friendly (and adult-friendly) snack!
- **Sweet corn is rich in fiber and protein, which can keep you feeling full!**

How to Grow It

- **Fun Fact! The average ear of corn has over 800 kernels, in 16 rows! There is one piece of silk for each kernel!**
- **Difficulty: Moderate**
- **Growing Season: Corn has a long growing season, with early-harvested varieties and cooler temperature varieties.**
- **Sun & Soil: Corn does best in full sun and well-draining, very fertile soil!**
- **Size and Planting: Plant seeds 1 inch deep, and 4-6-inches apart! Leave up to 3 feet in between rows.**
  FUN FACT! Corn kernels are the seeds!
  EXPERT TIP! Corn has a lot of roots close to the surface, so 'hill up' soil around the plant base to give it more space to take root!
- **Planting Time: Early spring**
  EXPERT TIP! Interplant early season corn and cooler season corn for a long corn harvest!
- **Time to Harvest: Depends on when the seeds were planted (early-, mid-, or late-season) but can range from 55 to 85 or more days!**
  FUN FACT! Corn has some hybrid relatives like normal, super-enhanced, and super sweet, all with different levels of sweetness!

Selection

- Choose ears of corn with green husks!

- Look for fresh silks and tight rows of bright, plump kernels.

- Make sure ears are free of bugs and kernels aren't wrinkly.

    FUN FACT! Corn varieties come in a few colors, such as yellow, white, and bicolor kernels! Corn we eat has an ornamental cousin that comes in even more colors that can be used during the fall to decorate!

Storage Tips

- Refrigerate corn with husks on!

- Use ears of corn as soon as possible, within 1-2 days!

- Can't use that soon? Remove the kernels from the whole ears and freeze in a labeled and dated freezer bag!

History

- Corn or maize is a domesticated plant of the Americans, European colonists in America quickly adopted maize agriculture from Native Americans. Crops developed by Native American quickly spread to other parts of the world as well.

- For western civilization, the story of corn began in 1942 when Columbus's men discovered this new grain.

- America is the world's largest producer of corn. Over half of this crop is used for animal feed (58%),25% for export, only 17% for both human food and industrial use.

Preparation & Cooking Tips

- How to grill the perfect corn on the cobb:
    - Pull husks down to base and remove silks.
    - Fold husks back into place and soak ears in cold water with 1 tablespoon of salt for 10 minutes.
    - Remove ears of corn from water and shake off excess moisture.
    - Place ears on the grill over medium heat for cook for 15-20 minutes, turning every 5 minutes.
    - Corn is done when kernels are tender.
    - Remove husks and enjoy!

- Cut kernels off of the cobb and add to salads, casseroles, fajitas, and stews!

Kid-Friendly Eating Tips

- Skewer it! Soak ears of corn with the husks on, and then grill for 15 minutes. Remove the husks and sprinkle seasonings or low-fat cheese on the corn and stick a sturdy skewer in it for a fun hand-held snack!

- Bake it! Cook corn until tender and then bake into muffins for a tasty corn muffin treat!

- Corn for breakfast! Make corn fritters with egg and cheese for a fun veggie-packed breakfast!

RECIPE

SWEET CORN

Ingredients:

- 10 fresh ears of corn (husked)
- Butter spray

Directions:

- Fill a large pot full of water, bring to boil. Add husked corn ears
- Cover – bring back to boil for 10-15 minute
- Drain – serve with butter spray