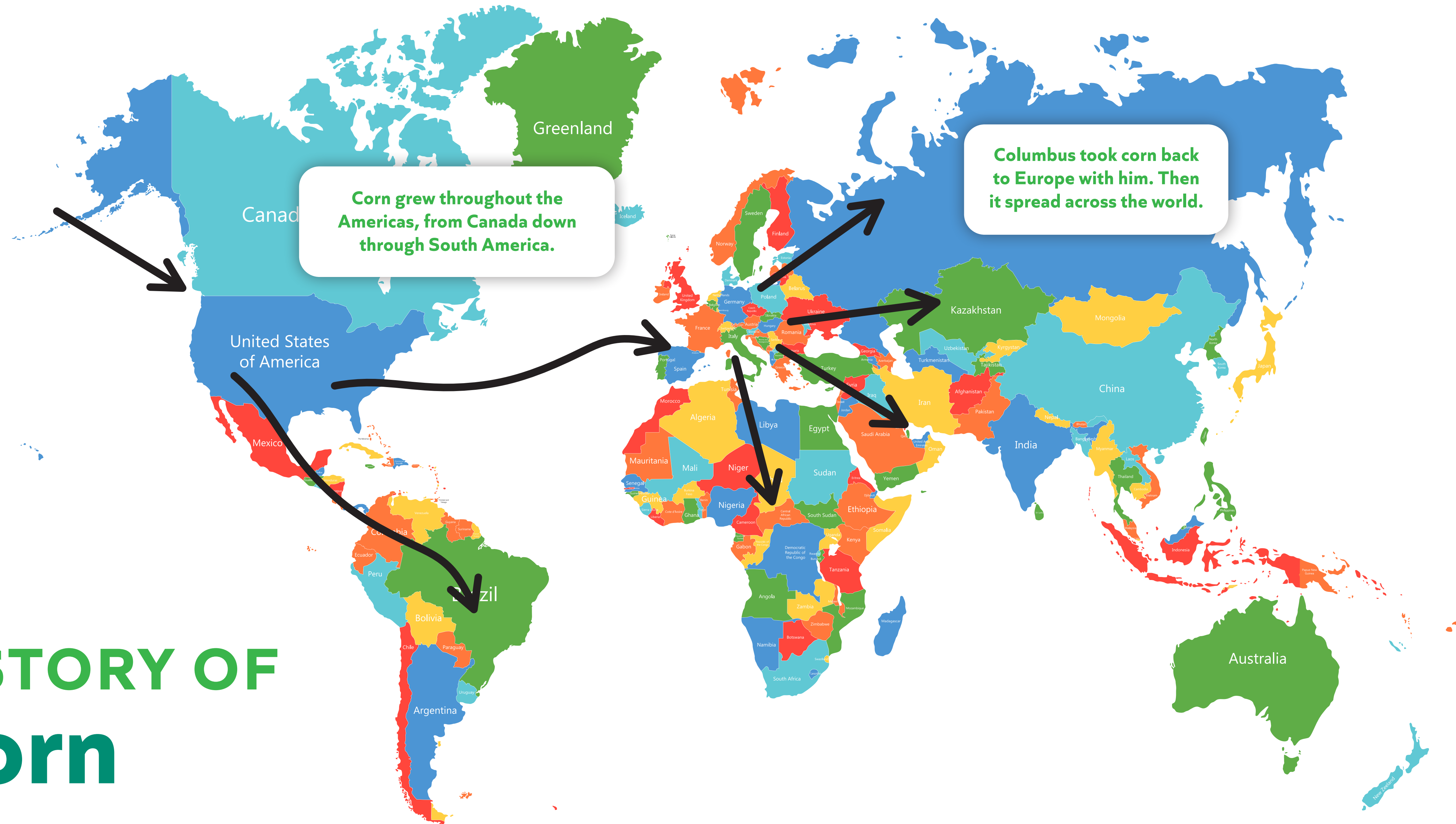


HARVEST OF THE MONTH:

Corn



HISTORY OF Corn



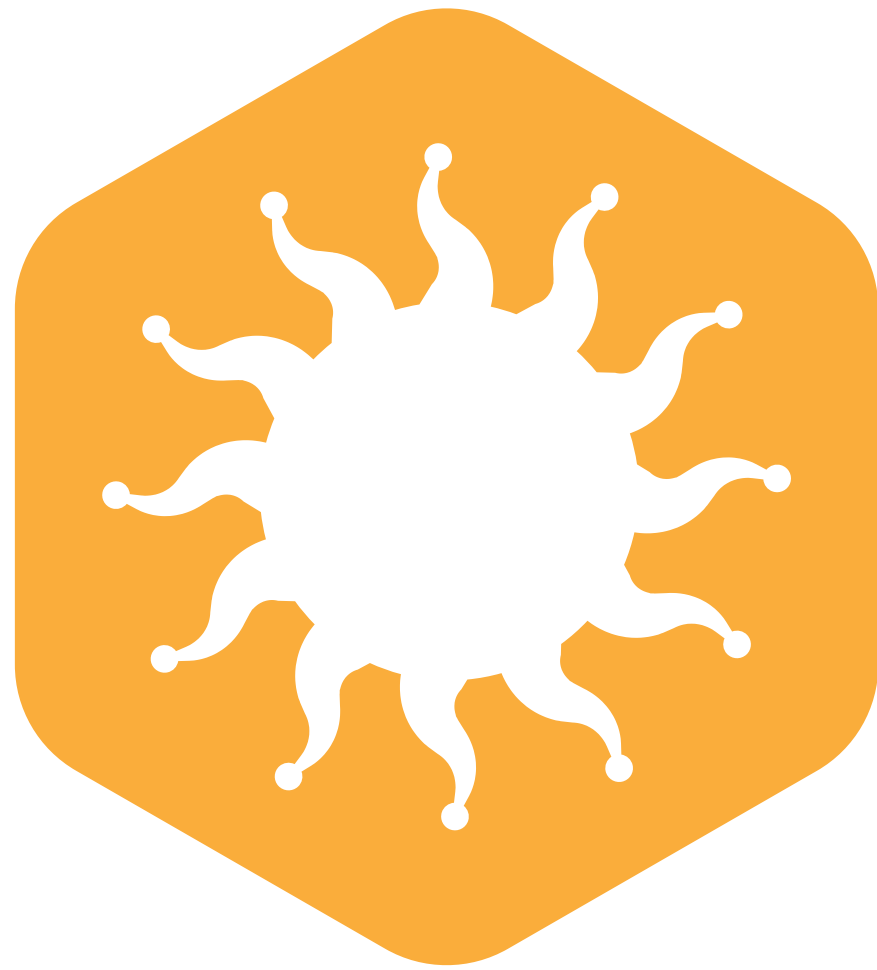


Each long pollinated silk tube becomes a kernel of corn. We eat corn kernels, which are seeds.

Corn grows on a stalk.

HOW DOES CORN GROW?

WHAT SEASON DO WE PICK CORN?



SUMMER



AUTUMN



WINTER

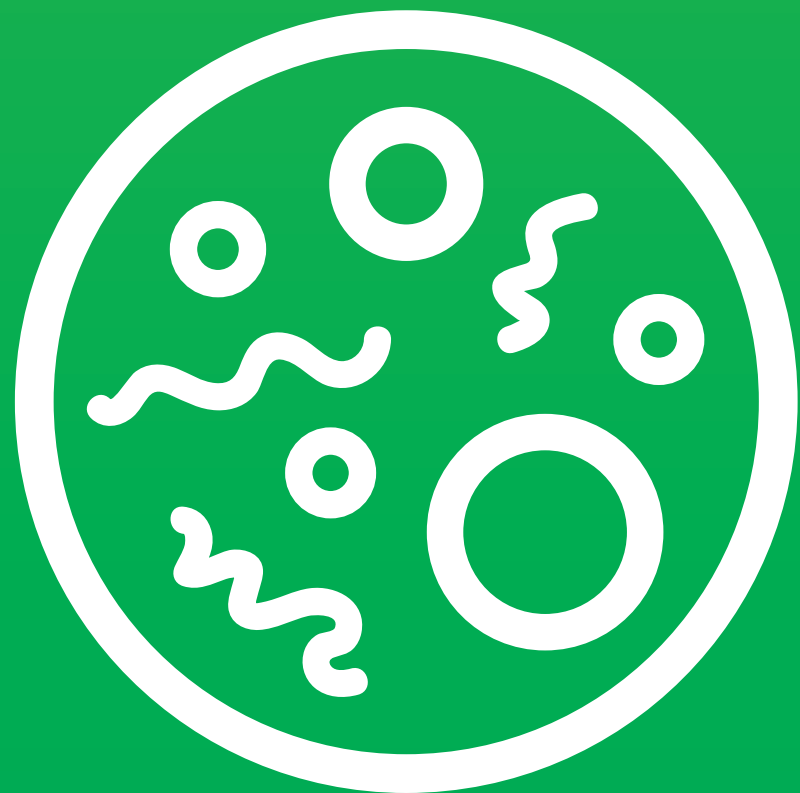


SPRING

The peak season for sweet corn takes place in the summer and into early fall.

WHY SHOULD WE EAT CORN?

Healthy cells



Strong bones



Healthy immune system
(prevents colds)



Healthy digestion,
cleans out your system



HOW DO YOU PICK GOOD CORN?

- The husk of the corn should be green and the silk should look fresh, not rotted or decaying.
- The kernels should be plump and shiny.
- After removing the husk, corn can be microwaved, grilled, boiled, baked into fritters and cakes, and frozen and eaten later.

FUN FACT: Corn is considered a fruit, vegetable and a grain.





LET'S TRY SOME
Corn!

