



Corn





SHOPPER'S TIPS

- Look for fresh, green husks with clean silk ends. Choose ears that are well-covered with plump, bright-colored kernels.
- Avoid yellow, wilted, or dried husks and rotted silk ends. Also avoid ears with dried or rotted kernels.

FUN FACTS!

- An average ear of corn has 800 kernels in 16 rows.
- The Native American word for corn is “maize” meaning “our life.”

WHAT IS IN IT FOR YOU?

One large ear of yellow or white corn is:

- A source of fiber, vitamin C, folate, and thiamin.

SERVING IDEAS

- Cook whole ears of corn on the grill at your next family BBQ.
- Mix corn kernels with rinsed, canned black beans, chopped tomatoes, chopped avocado, chopped cilantro, and a splash of olive oil and balsamic vinegar. Serve the corn and bean mixture in a whole wheat pita for a light lunch.

PEAK SEASON

California grown varieties, available from late spring to early fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store corn in the husk in the refrigerator for up to two days. If husks have been removed, store ears of corn in a plastic bag with small holes for up to two days.