



# September is Sweet Corn

## Nutrition & Health Benefits

- **Folate** - Helps to prevent birth defects, is needed to make DNA, and helps your cells divide
- **Fiber** - Helps to keep digestion running smoothly
- **Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.

## Preparation & Cooking Tips

- Select** - Sweet corn is available fresh, frozen, and canned. For fresh corn, choose ears with bright green husks, fresh silks, and rows of plump kernels
- Store** - Refrigerate with husks on and use within 1-2 days
- Prepare** - Peel husks and silks, break off the stalk at the base of the ear of corn. Rinse under cool, running water. Boil, microwave, grill, or roast.

## Did you know?

- In Aztec, Incan, Mayan, and Native American cultures, corn was grown in companionship with squash and beans. Corn, squash, and beans make up the traditional "Three Sisters".
- Wisconsin is a major corn-growing state, but not all corn is grown for food.

## Fun Facts

- Sweet corn leaves were used as chewing gum by Native Americans.
- Corn is grown on every continent except Antarctica.
- Corn plants usually grow to be 7-10 feet tall, however, sweet corn is usually shorter.

## TASTE



Nutritious,  
Delicious,  
Wisconsin!

### taste testing

Try a few different flavors of homemade popcorn. Pop plain popcorn and add herb/spices. Examples:

**Taco Flavor** - 1 Tbsp chili powder, 1 tsp onion powder, 1 Tbsp cumin, 1 tsp salt, and ½ tsp pepper.

**Ranch Flavor** - 1 tsp dill, 2 tsp dried chives, 1 tsp garlic powder, 1 tsp onion powder, ½ tsp salt, and ½ tsp pepper.

**Taki Flavor\*** - 1 Tbsp hot chili powder, 1 Tbsp onion powder, 2 tsp cayenne powder and 2 tsp salt. \*spicy

**Dorito Flavor** - 2 Tbsp nutritional yeast, ¼ tsp garlic powder, ¼ tsp onion powder, ¼ tsp cumin, ¼ tsp paprika, ¼ tsp chili powder, and ¼ tsp salt.

— Credit: Amy Macemon, FoodWise Nutrition Educator and Healthy Communities Coordinator



fit families

Eat healthy • Be active • Your kids are watching

## FUN



### activity: Seed Sprouting

**Objective:** Kids will learn how seeds grow.

**Supplies:** Seeds (corn, radish, melon, pumpkin, beans or peas), a paper towel, tape, and a plastic bag.

**Procedure:**

1. Soak seeds in water overnight. This will prepare them to germinate.
2. Dampen the paper towel with water, fold it, and place it in a plastic bag.
3. Place the seeds inside the bag, on one side of the bag, pressing them against the paper towel.
4. Seal the bag and hang in a window using tape.
5. Wait 24 hours. You should be able to see the seeds sprout after this time. Within 3 days to one week you will have fully sprouted seeds.
6. Encourage kids to make observations and draw and measure the seeds every day. Discuss what seeds need in order to grow. *Answer: water, the right temperature, and the right amount of light.*
7. In a few more days watch for the first leaves to emerge. At this point you can move the seeds to soil and watch them continue to grow.

— Credit: Amy Macemon, FoodWise Nutrition Educator and Healthy Communities Coordinator

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

**Tips for adapting to virtual learning:** An educator can start seeds and share the process with kids over a virtual learning platform. You can also share a link to a video: <https://youtu.be/tkFPyue5X3Q>.

**Share pictures** and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



Photo credit - CMN: Sustainable Development Institute

## READ



### books

- *Carlos and the Cornfield / Carlos y la milpa de maiz* by Jan Romero Stevens
- *Corn is Maize: The Gift of the Indians* by Aliko
- *Four Seasons of Corn: A Winnebago Tradition* by Sally Hunter
- *Corn* by Gail Gibbons



## Corn "Wheels" 4 Ways

**Ingredients:**

<https://happykidskitchen.com/corn-wheels-4-ways/>

- 2 ears of corn on the cob, shucked
- 1/2 cup water
- 1/2 tsp coarse salt

**Cheesy Pizza**

- 1 Tbsp olive oil
- 1 Tbsp grated Parmesan cheese
- 1/4 tsp garlic powder
- 1/4 tsp dried oregano or Italian seasoning mix

**Herb Ranch**

- 1 Tbsp olive oil or melted butter
- 1/2 tsp dried dill
- 1/4 tsp coarse salt
- 1/4 tsp garlic powder
- 1/4 tsp onion powder

**Sweet BBQ**

- 1 Tbsp olive oil or melted butter
- 1/4 tsp smoked paprika
- 1/4 tsp onion powder or garlic powder
- 1/2 tsp coconut sugar or brown sugar
- 1/4 tsp coarse salt

**Cinnamon "Churro"**

- 1 Tbsp butter or coconut oil, melted
- 2 tsp coconut sugar or brown sugar
- 1/4 tsp ground cinnamon
- 1/8 tsp coarse salt

**Preparation:**

1. Cut corn into wheels
2. Add corn wheels to a pot with water and salt, cover, and bring to a boil. Lower heat and let simmer until tender, 4-5 minutes. Drain and place in a large bowl
3. Season: drizzle oil or butter over corn, then toss to coat. Mix dried seasonings in a small bowl then sprinkle over corn. Enjoy warm!



Information adapted from Wisconsin Harvest of the Month.