

HARVEST *of the* MONTH CORN



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: massfarmtoschool.org/hotm

Corn kernels are a good source of carotenoid antioxidants. Antioxidants support the immune system. Corn has ten times more vitamin A than other grains.

Healthy Serving Ideas

Mexican Pizza: Buy (or make) a whole wheat pizza crust. Add your favorite salsa, sprinkle jack cheese, corn kernels, and black beans. Bake in oven until dough is brown and cheese bubbles.

Cornmeal Pancakes: Substitute 1/2 the amount of flour for cornmeal in your favorite pancake recipe.

Edamame & Corn Succotash: Saute 1/2 cup corn kernels, 1 cup edamame, and 1/4 cup diced red bell pepper with 1 TB sesame oil for 3 minutes. Season with 1/2 tsp salt and 1/4 tsp pepper, toss and serve.

Where to Find Local Corn

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

Harvest of the Month Book Club

Gr. K-5: Corn by Gail Gibbons

Gr. 6-8: The Life and Times of Corn by Charles Micucci

Gr. 9-12: The Omnivore's Dilemma by Michael Pollen

Fun Facts

- Corn is called maize by most countries, this comes from the Spanish word 'maiz'.
- An ear of corn has 800 kernels in 16 rows.
- Corn is grown on almost every continent in the world. It is not grown in Antarctica!

At-Home Activity

Make a Corn Kernel Mosaic

1. Dye corn kernels different colors using food dye.
2. Set up paper plates & glue.
3. Explain that a mosaic is a piece of art created from small bits of materials. Show some example pictures of mosaics.
4. Plan out your design, and start making art!

Find more detailed instructions here:
<https://bit.ly/CornMosaic>



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

Corn Purchasing Pointers

- Check the corn husk! Make sure the husk is bright green and wrapped tightly around the corn. If you buy corn without a husk, make sure the kernels are yellow and plump.
- Corn is best eaten fresh, but you can store it in your refrigerator in a plastic bag for a couple of days.