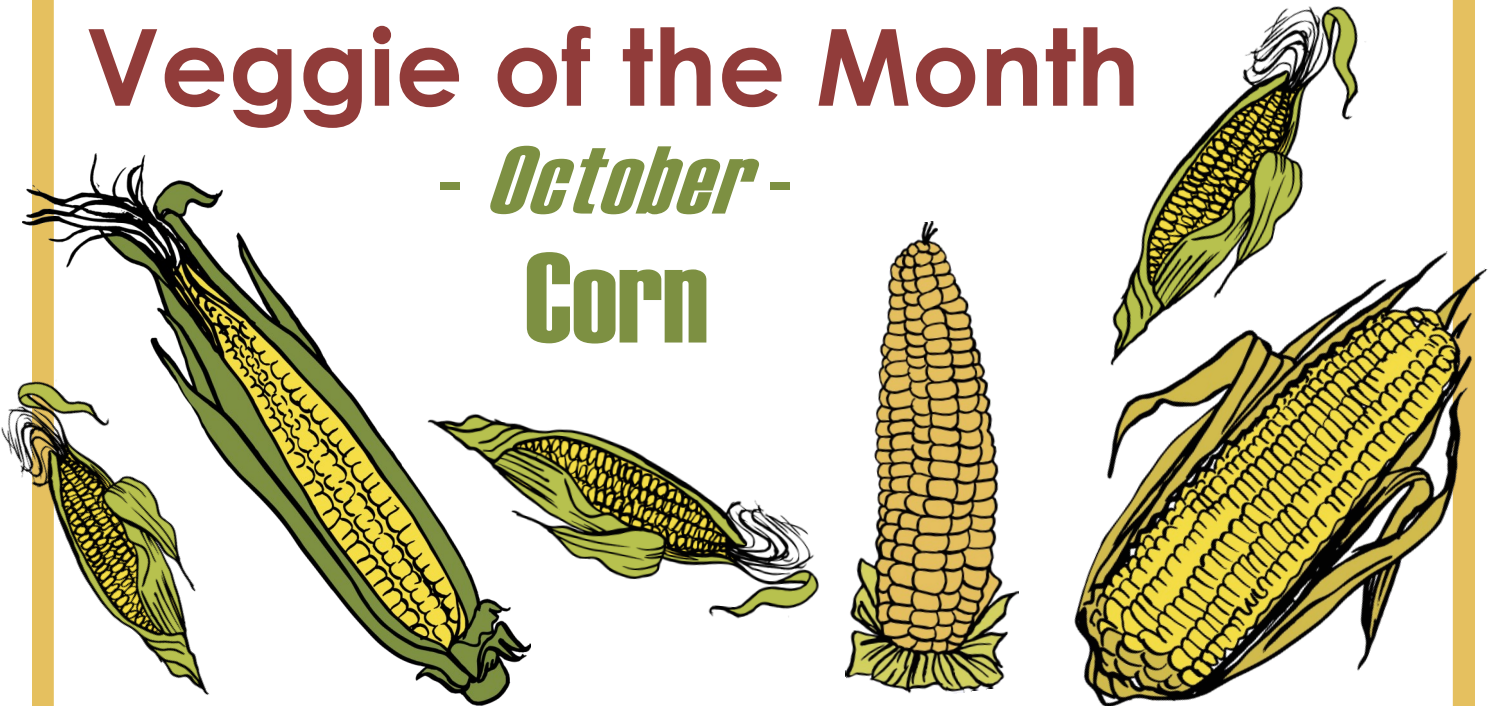


# Veggie of the Month

- *October* -

## Corn



### About

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Corn is an extremely versatile crop--the grain and its by-products have over 3,500 uses! The six major types of corn are dent corn, flint corn, pod corn, popcorn, flour corn, and **sweet corn**, the kind we prepare to eat at the dinner table. Although there are dangers associated with genetically-modified corn and sweeteners like high-fructose corn syrup, organic sweet corn is nutritious and should count towards your daily serving of veggies. Corn was originally domesticated by indigenous peoples in Mexico over 10,000 years ago and is now grown on every continent except Antarctica, with the US producing the most of any country.

### Did You Know?

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In most countries, corn is called '**maize**,' from the Spanish word 'maiz.'

Corn is a cereal crop that is part of the grass family--**an ear or cob of corn is actually part of the flower** and an individual kernel is a seed.



## Shopper's Tips



Although genetically engineered sweet corn is rare, buy **organic corn** when you can if you want to guarantee that your veggies are GMO-free.

Look for corn with tassels that are brown and sticky to the touch. If the tassels are black or dry, the corn is old.

Feel through the husk of each ear to check for plump kernels.

## Nutrition Highlights

- Corn is a high-carb vegetable because it contains starch, like potatoes. It is also high in sugar compared to other vegetables, but still much less than most fruits (about half the sugar of a banana).
- Corn is high in fiber that helps your digestive system, and is a good source of vitamins B and C, magnesium and potassium.

## Try This!

- Using frozen corn, Arborio rice, jalapeno peppers, vegetable broth and Monterey jack cheese, prepare a pot of quick and delicious Mexican corn risotto
- Use corn flour to make your own muffins or corn tortillas at home
- Try grilling corn on the cob and topping with cheese and cilantro for a tasty summer side dish, or just use spices for a vegan option.
- Slice cooked corn off the cob and mix with chopped tomatoes, peppers, onions, garlic, lime juice, salt and pepper for corn salsa. Add black beans for a more hearty dip.



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