

# Harvest of the Month



September



Corn



## Pick:

- Choose corn with green, fresh looking husks.
- Pull the husk back to ensure the ear has plump, tightly packed kernels.

## Store:

- Corn should be used shortly after purchasing but can be stored in the refrigerator with the husks on for a couple of days.
- Blanched corn can be frozen for several months.

## Prepare:

- To prepare, remove the husk and silk. Wash, then grill, steam or boil. For quick and easy cleanup, microwave corn with the husk on, 2-3 minutes per ear. Then remove the husk & silk and enjoy!

## Nutrition Info

One ear of corn has 90 calories and provides fiber and vitamin C.

## Fun Facts

The average ear of corn has 800 kernels, arranged in 16 rows. There is also one piece of silk for each kernel of corn!

Depending on the variety, corn may have yellow, white, red, black, blue or multicolored kernels.

Corn is grown everywhere except Antarctica.

## Uses

Try grilled sweet corn. Simply peel back corn husks and remove silk. Place 1 tablespoon of butter and a pinch of salt & pepper on each piece of corn. Close husks. Wrap each ear of corn tightly in aluminum foil and place on preheated grill. Cook approximately 30 minutes, turning occasionally, until corn is tender.

Top homemade pizza with a combination of roasted vegetables such as corn, zucchini, tomatoes, peppers and onions.

Black beans and sweet corn make an excellent pair, try this combination in salsas, salads and wraps.

## Family Friendly Activities

Visit a local corn maze during the fall!

Hold a corn taste test! Buy a few ears of corn from different farmers or stores and see which taste best.

Check out the following books from your local library:

“Three Stalks of Corn” by Leo Politi

“The Corn Grows Ripe” by Dorothy Rhoads

## Nutrition Facts

Serving Size 1 quesadilla (180g)  
Servings Per Container 8

Amount Per Serving

**Calories 270**    Calories from Fat 70

% Daily Value\*

**Total Fat 8g**    **12%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol 5mg**    **2%**

**Sodium 500mg**    **21%**

**Total Carbohydrate 35g**    **12%**

Dietary Fiber 6g    **24%**

Sugars 3g

**Protein 15g**

Vitamin A 6%    • Vitamin C 30%

Calcium 10%    • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Fresh Veggie Quesadillas

Serves 8 (1 quesadilla/ serving)

### Ingredients:

- 1 cup chopped bell pepper
- 1 cup chopped summer squash
- 1 cup corn
- 1 (15 ounce) can black beans, drained & rinsed
- 2 Tbsp. olive oil
- 8 (9-inch) whole wheat tortillas
- 2 cups sharp cheddar cheese
- salsa, as desired

### Directions:

Preheat oven to 350 degrees. In a large skillet over medium heat, sauté vegetables and beans in oil for 5-7 minutes. Spread vegetable mixture evenly over half of each tortilla; sprinkle with cheese. Fold the tortillas in half and place onto a baking sheet. Bake quesadillas until cheese has melted, about 10 minutes. Cut each quesadilla into 4 triangles. Serve with salsa as desired.

For more information on Farm2School & Foot Steps to Health visit:  
[www.GetActiveLacrosse.org](http://www.GetActiveLacrosse.org)

Color  
Sweet Corn!

