September  Corn

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

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!

Coulee Region Farm2School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.
**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 270</th>
<th>Calories from Fat 70</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Total Fat 8g</td>
<td></td>
<td></td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
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<td></td>
<td>8%</td>
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<tr>
<td>Trans Fat 0g</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Cholesterol 5mg</td>
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<td></td>
<td>2%</td>
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<tr>
<td>Sodium 500mg</td>
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<td></td>
<td>21%</td>
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<tr>
<td>Total Carbohydrate 35g</td>
<td></td>
<td></td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber 6g</td>
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<td></td>
<td>24%</td>
</tr>
<tr>
<td>Sugars 3g</td>
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<tr>
<td>Protein 15g</td>
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</table>

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

<table>
<thead>
<tr>
<th>Calories</th>
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<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Calories per gram:</th>
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<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>300mg</td>
<td>200-400g</td>
<td>25g</td>
<td>Fat 0 • Carbohydrate 4 • Protein 4</td>
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**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!