

## South Carolina



Farm to



School

# Palmetto Pick of the Month: CORN

## JUNE



## DESCRIPTION

Commonly called corn, the fruit is the kernel of the plant called *Zea mays*. Corn is a grain like barley, wheat, and oats. There are many subspecies of corn that cause color such as yellow, white, even blue. Corn grows best in South Carolina because of the mild weather!

Information from:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=90>

<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1308.html>

<http://www.brainyquote.com/quotes/quotes/b/barbaramcc163858.html>

<http://blog.relayfoods.com/2013/06/24/grilling-corn-in-the-husk-with-fresh-herbs/>

## HISTORICAL FACTS

The Mayan and Olmec Civilizations adopted corn as a staple in their cultures. By the time Christopher Columbus traveled to the Americas, corn was already a Native American treasure.

## HEALTH BENEFITS

Corn is a great source of fiber. Even the chewing satisfaction from corn ties into its benefits! The healthy bacteria in fiber helps our digestive system.

## HARVEST TIPS

About 20 days after the silk appears, corn can be harvested. When the husk is still green and the silk is a dry brown, it's the perfect time to harvest!



## QUOTE

"I know my corn plants intimately, and I find it a great pleasure to know them."

-Barbara McClintock

## PALMETTO PICK OF THE MONTH SNACK

Keep corn in the husk, soak it in water and then grill it!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.