

South Carolina



Farm

to



School

Palmetto Pick of the Month

CORN

JUNE



DESCRIPTION

The plant *Zea mays*, more commonly known as corn, is a grain like barley and oats. Corn kernels are a popular worldwide crop used for animal feed, fuel, and human food. There are many types of varieties of corn that come in an abundance of colors from white, to yellow, and even blue. This mild weather crop can be grown all around South Carolina.

PREPARING

Corn must be prepared or frozen right after harvest because it loses flavor quickly. Pull the husk off of the corn and remove the silks (unless you are grilling in the husk). Wash the outside of the corn well and pat dry.

GROWING CORN

Sun Exposure: Full Sun

Soil Type : Loamy

Soil pH: Neutral

Plant corn in well-mulched or composted soil about two weeks after the last frost in the spring. Dig about a 1-inch deep hole to place seeds, approximately 4-6 inches apart. Thin corn when they reach 3-4 inches, making sure weeds are free from the growing plant. Corn is a fast-growing crop, be sure to keep it nourished and watered as needed. Start harvesting your corn about 20 days after the silk appears. The tassels of the corn will start to turn brown. When the silk is brown, but the husk is green, it is time to harvest.

HEALTH BENEFITS

Corn is a great source of fiber. We need fiber to help us have a healthy digestive system. It also has antioxidants and other chemicals that aid in healthy vision.



BOOKS

Corn

by Gail Gibbons

The Life and Times of Corn

by Charles Micucci

PALMETTO PICK OF THE MONTH SNACK

Grill corn in the husk for extra flavor.



FOR MORE INFORMATION ABOUT OTHER FRUITS AND VEGETABLES AVAILABLE IN SOUTH CAROLINA EACH MONTH, PLEASE VISIT CERTIFIEDSCGROWN.COM
FOR MORE INFORMATION ABOUT FARM TO INSTITUTION, INCLUDING RECIPES, PLEASE VISIT SCFARMTOINSTITUTION.COM