

Sweet Corn

Gardens, scholars say, are the first sign of commitment to a community. When people plant corn they are saying, let's stay here. And by their connection to the land, they are connected to one another. --Anne Raver, New York Times Columnist

Facts About Corn

- Is high in folate, which is important for proper cell maintenance in the body.
- Is high in thiamine, which is important in for energy utilization from the diet.
- Contains beta-carotene, which is an important anti-cancer agent.
- An ear of corn may have up to 1000 kernels. Each row always contains an even number of kernels.



Iowa and Corn

- In 2004, Iowa corn farmers grew more than 2 billion bushels of corn on 12 million acres of land.
- Iowa has produced the largest corn crop of any state for each of the past 10 years. In an average year, Iowa produces more corn than most whole countries. Iowa grows three times as much corn as Argentina!

Preparing Corn on the Cob

- Shuck the corn by removing the outer husk and wash. Steam for 8-10 min.
- Leave in husk and bake at 350F until the green husks turn brown.
- Place ears of corn on the grill, turning from time to time. The corn is done when it is tender.

Beware: High Fructose Corn Syrup

- Sweeteners made from corn, particularly high fructose corn syrup (HFCS), are in many products found at the grocery store.
- HFCS disrupts our metabolism and might be contributing to our obesity epidemic. Increased fructose intake can lead to high blood fat levels and can prevent us from feeling full, so we eat more.
- Suggestion: Lower your high fructose corn syrup intake!

Where Can I Find Corn?

Corn can be found in most products in the grocery store. Modified corn starch and corn syrup are found in any number of products including:

- frozen pizza, bread, candy, ice cream, marshmallows, chips, soft drinks

Next time you go to the grocery store, try reading the ingredients labels and see if you can find products without corn.

Corn is also found in a number of non-food products including:

- wallpaper paste, glue for cardboard boxes, industrial filters, plastics, plaster board

Recipe

Black Bean and Corn Chili: When corn and beans are eaten together, the protein from the beans is best absorbed.

- 1/2 cup coarsely chopped onion
- 2 garlic cloves
- 1 tablespoon oil
- 1 1/2 cups cooked black beans
- 1 cup canned tomatoes with liquid
- 1 tablespoon tomato paste
- 1 cup frozen corn
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon sugar
- 1/2 cup diced green pepper

Sauté the onion and garlic in oil over medium heat for 1-2 min. Add beans, tomatoes and their liquid, tomato paste, corn, chili powder, cumin and sugar. Reduce heat, cover pan and simmer for 10 to 20 min. Add bell pepper and cook the chili another 5 min. 4 servings.

Bibliography

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