



Corn

Zea mays

Nutrition Facts

- Corn is rich in zinc, calcium, iron, Vitamin C, fiber and antioxidants which help keep bodies healthy and help fight off diseases.
- Corn, which grows in a variety of colors including blue, pink and red, is a staple of the American diet. Most products sold in U.S. grocery stores have a corn-based product.

Planting

Plant 4/25-7/1

(Guidelines for planting in raised beds)

Seeds: Dig furrows 1.5” deep. Sow seeds 15-18” apart in rows spaced 15-18” apart.

Care

Seeds: Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate.

Young seedlings: Water when top 1 inch of soil dries out. Mulch plants with cotton burr compost to keep soil moist.

Harvest & Storage

Corn is ready to be harvested once the silks have dried out and the top of the ear of corn has rounded out. If you are not sure, pull back a small part of the husk and check to see if the kernels are full, round and milky.

To harvest the corn, twist the ear and it should come off easily. Store corn in the husk in the refrigerator for 4 to 5 days.

Recipe

Wash all vegetables before using

Corn Salsa

- 4 corn cobs, cooked
- 2 tomatoes
- 1 small red onion
- 1 red bell pepper
- 1/2 jalapeño pepper
- 1 garlic clove
- 1 cup black beans
- Salt and pepper to taste
- 3 sprigs fresh cilantro

Cut corn off cob into medium-sized bowl. Chop tomatoes, onions, peppers and garlic. Drain and rinse beans and mix in with vegetables. Mix in chopped cilantro and salt and pepper to taste. Enjoy with corn chips.



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