

THERE ARE

6

DIFFERENT
TYPES OF CORN:

Sweet Corn
Popcorn
Flour Corn
Dent Corn
Flint Corn
Pod Corn

Corn, also known as maize, is from the family Poaceae, a group of flowering plants known as grasses.

Corn is a
good source
of fiber,
B vitamins,
and some
minerals.

Corn is an ingredient in over
3000 grocery items.

A healthy corn plant is
between 6-12 feet tall.



The corn cob (ear) is
actually part of the
corn plant's flower.

Corn's wild
ancestor is a
grass called
Teosinte

BOIL, GRILL,
OR
MICROWAVE
CORN.

THE OLDEST CORN FOUND IN MEXICO'S VALLEY OF TEHUACAN WAS

7000

YEARS OLD.

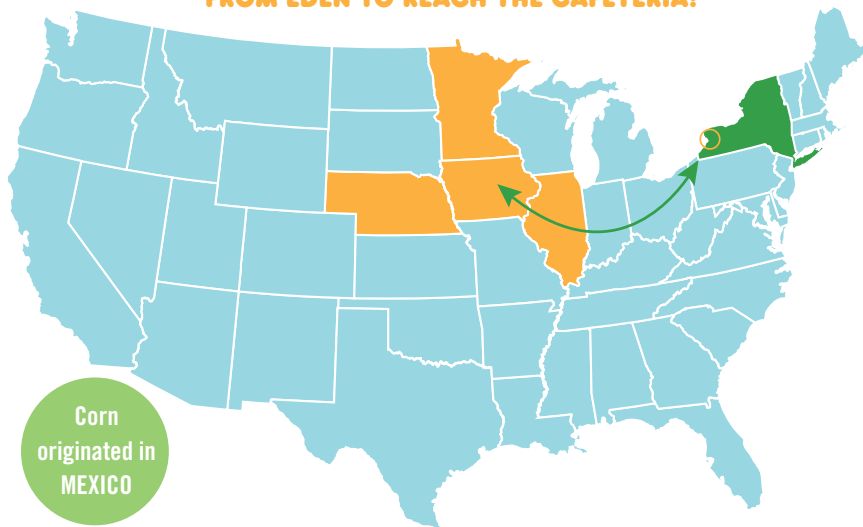
Most ears of
corn
have about
800
kernels in
16
rows

For the best fresh corn, purchase in season (usually mid-to-late summer).

Most of the corn grown in the US is used to feed livestock such as beef, pork, or poultry.

WITH IOWA ACCOUNTING FOR MOST OF THE UNITED STATES' CORN PRODUCTION, IT MUST TRAVEL ABOUT 700 MILES TO REACH BUFFALO.

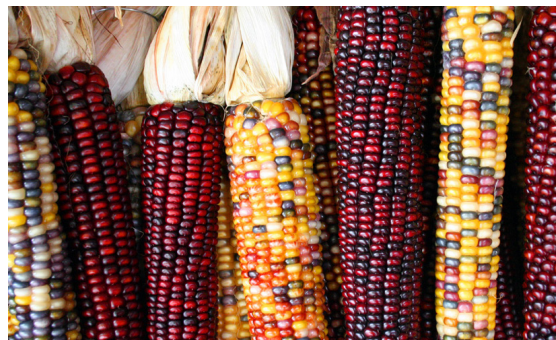
OUR NEW YORK STATE CORN ONLY HAS TO TRAVEL 20 MILES FROM EDEN TO REACH THE CAFETERIA!



There are about 90 million acres of land planted to corn in the U.S., most of which is grown in four states – Iowa, Minnesota, Nebraska and Illinois.

As an alternative to butter, rub with wedges of lemon or lime.

Low in fat and calories



CORN CAN BE YELLOW, WHITE, RED, OR BLUISH/BLACK