

Harvest of the Month



CORN

Local Highlight

September is peak harvest time for many crops in Humboldt County, including sweet corn!

Check out our video about local corn and how it is grown at the Corn Crib in Pepperwood:

vimeo.com/channels/hcoenutrition

Literature Links

- *Fresh-Picked Poetry, A Day at the Farmers Market*, by Michelle Schaub
- *Our School Garden*, by Rick Swan

Joke Corner

What do you call a single kernel on a corn cob?

A unicorn.

Why shouldn't you tell a secret on a farm?

Because the corn has ears!

What do you call two cornstalks who are best friends?

Earbuds.

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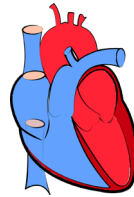
Zea mays



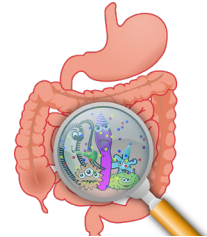
Spanish: el maíz
Hmong: pob kws

Nutrition Power

Corn is a good source of potassium and fiber.



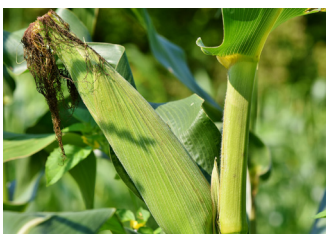
Potassium helps your heart to pump!



Fiber helps your gut health and digestion!

History

Native peoples developed corn, also known as maize, from a wild grass called teosinte (tay-oh-seen-tay) in southern Mexico, around 7-9,000 years ago. As corn spread to North and South America, it became sacred to numerous native cultures. Hundreds of tribes came to rely on corn as a main food source, including the Navajo, Cherokee, and Iroquois. Many tribes developed traditions, ceremonies, and stories to honor all the ways corn helped their people. A lot of the traditions continue today, including the Green Corn Ceremony and Dances of eastern U.S. tribes that celebrate the first corn harvest each summer.



Did You Know?

- Plant part we eat: SEED
- There are many types of corn. Sweet corn, like the corn on the cob we enjoy in the summer, has the most sugar and is eaten when tender, before the corn is mature. Flint, dent, flour, and popcorn types have more starch and are used after they have fully matured and dried.
- Native Americans created a method of growing corn known as the "three sisters." Corn is planted closely with squash and bean plants. The corn gives the beans a structure to climb, the beans provide nitrogen to the soil, and the shade from the large leaves of the squash plant helps conserve water and prevent weeds.

