

Harvest of the Month



CORN



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some corn.
2. **MAKE** a dish with corn using the recipe and ingredients provided.
3. **LEARN** about corn with the information below.

Fun Facts

- The corn plant is a grass! Native peoples of what is now Mexico developed corn from a wild grass called teosinte (tay-oh-seen-tay).
- Corn is known as *maize* in most countries. This comes from the Spanish word *maíz*, which comes from the Taíno word for corn, *mahiz*.
- Corn grows on stalks that usually reach 7-10 feet high. Each stalk produces 1-3 ears of corn. An ear of corn always has an even number of rows of kernels.
- Corn provides potassium and magnesium, which are both good for your heart!

Local Connection



Ginger Sarvinski and her family grow tomatoes, peppers, melons and a lot of corn! They sell their produce at local farmers markets and at their farm stand, the Corn Crib, in Pepperwood.



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Need help with food? Add to your food budget with the CalFresh program. Visit benefitscal.com or call 1-877-410-8809 to find out if you qualify.