

Corn Maize



Try It!



Selection

When purchasing corn look for corn husks that are fresh and green and not dried out. The husks should envelope the ear and not fit too loosely around it. To examine the kernels, gently pull back on part of the husk. The kernels should be plump and tightly arranged in rows.

Uses

Corn can be eaten straight off the cob with nothing added or it can be seasoned with a little organic butter, olive oil, or flaxseed oil, salt and pepper or any other herbs. Corn can be added to a cold salad and added to guacamole or soup.



CORN PUDDING

Ingredients

- 3 cups water
- 3 cups skim milk
- 2 cups coarse cornmeal (or polenta)
- 1/4 cup maple syrup
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon clove
- 1/8 teaspoon ginger
- 1/2 cup raisins

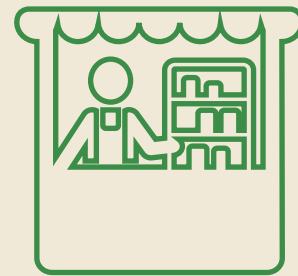
Instructions

1. In a saucepan, bring water and milk to a boil. Add cornmeal and stir to remove lumps. Bring back to a boil. Then turn heat to low and cover, stirring occasionally for 10 to 15 minutes.
2. Shut off heat and stir in remaining ingredients. Allow to rest for 10 to 15 minutes. Stir and serve.

History & Fun Facts

There is no other food more closely identified with Americas than corn. Both the Mayan and the Olmec civilizations that date back to 2000-1500BC in what is now Mexico and Central America (commonly called Mesoamerica) had not only adopted maize as a staple food in the diet but had also developed a reverence for maize that was expressed in everyday rituals, religious ceremonies, and in the arts.

The first domestication of maize in Mesoamerica actually dates back even further to 9000-8000BC. By the time Columbus and other explorers arrived in North America, corn was already an integral part of Native American cuisine.



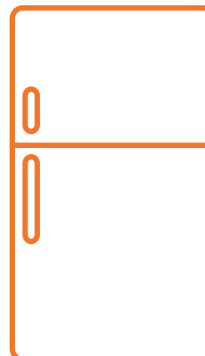
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Purchase corn that has been out of any heat source.
- Once purchased keep in a cool/refrigerated container.
- Corn is best if eaten same day as purchased but can be still fresh up to 3 days after.
- Store corn in airtight containers if not eating the same day as purchase.



NUTRITION FACTS

Cholesterol free

Sodium free

Good source of fiber

Good source of Vitamin C, B3, B5, and Manganese

Good source of iron



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



Swipe & Shop



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://www.mayoclinic.org/healthy-lifestyle/recipes>

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.