

Harvest of the Month



Corn



FUN FACTS:

Corn is called “maize” in most countries.

The corn we eat is called “sweet corn.” Kernels are generally yellow, white or bi-colored.

One ear of corn has approximately 800 kernels in 16 rows. When cut off the cob, a medium ear will yield about 3/4 cup of kernels.

When you eat sweet corn, you are consuming 100% whole grain.

The U.S. is the largest producer of corn in the world.

This institution is an equal opportunity provider.

