

SPOTLIGHT ON PRODUCE

WHAT AM I?

Sweet corn is a sweet and starchy vegetable. Corn on the cob is especially popular during the summer months. Enjoy corn boiled, steamed or grilled.

HOW DO I GROW?

Corn grows on stalks and is harvested July through September. The variety of corn produced to feed livestock is different than what humans eat.

NUTRITIONAL FACTS

Sweet corn is a good source of vitamin A, C and soluble fiber. Due to its higher content of carbohydrates and calories, sweet corn is sometimes thought of as a grain.

SWEET CORN



FUN FACT

The average ear of corn has 800 kernels in 16 rows.