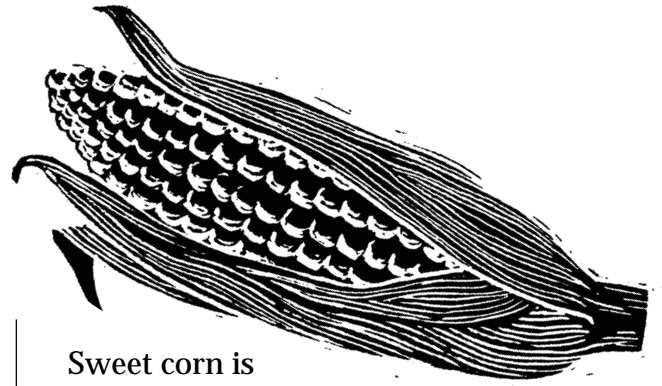


Corn



Early settlers in New England learned to grow corn from the Native Americans, for whom it was a vital crop. Actually, the earliest maize (another word for corn) pollen that was discovered in Mexico dates back 60 to

80 thousand years! Needless to say, corn has been around for a while. Today Vermonters grow several varieties of corn, some of which is used to feed livestock.

Sweet corn is a summertime favorite, but it is around for just a short time.

Sweet corn is most flavorful if it is eaten as soon as possible after it has been picked. Although most people prefer it cooked, if you have the chance to try it straight from the garden raw, you'll probably go back for more! It is not uncommon to find a worm in sweet corn. If you do, there's no need to throw away the whole cob. Just cut out the damaged part and keep on eating.

Corn Chowder

Makes 6 to 8 servings *Jan Gendreau, Waterbury*

Ingredients:

- 2 slices bacon, diced (or 2 Tablespoons canola oil)
- 1 or 2 onions, chopped
- 2 or 3 potatoes, chopped into 1/2-inch cubes
- 1 stalk celery, chopped (optional)
- 1 carrot, grated
- 2 cups corn
- 1 (12-ounce) can skimmed evaporated milk
- Pepper to taste



Directions:

1. In a skillet, sauté onions in bacon or oil until golden.
2. Add potatoes, celery, carrot, and enough water to cover.
3. Simmer until tender (10 to 15 minutes).
4. Add corn, milk, and pepper.
5. Mix and heat through.

Comments: This can be made the day before for better flavor. If you make it the day before, refrigerate immediately after cooking in shallow containers and reheat thoroughly before serving. Serve with whole-grain muffins.

Nutrition Facts

Serving Size 1 Serving (191g)
Servings Per Container 8

Amount Per Serving

Calories 160 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 5mg 2%

Sodium 100mg 4%

Total Carbohydrate 31g 10%

Dietary Fiber 3g 12%

Sugars 4g

Protein 7g

Vitamin A 30% • Vitamin C 25%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Fresh corn on the cob should be steamed in 1 to 2 inches of water for about 5 to 10 minutes, or dropped into boiling water for a little less time.
- If you have a grill or fire, try roasting corn in the husk for about 20 minutes. Delicious!

Complementary Herbs

basil
celery seed
chives
oregano
parsley

Summer Vegetable Stew

Makes 4 servings

*Deborah Coccoli,
Child Care Food Program,
Lamoille Family Center*

Ingredients:

1/4 cup olive oil
3 cloves garlic, chopped
1 cup onion, chopped
2 zucchini, chopped
2 summer squash, chopped
1 green pepper, chopped
1 cup corn
2 tomatoes, chopped
1/2 teaspoon oregano
Pepper to taste
1/2 cup fresh basil, chopped or shredded



Directions:

1. In a large deep skillet, sauté the garlic and the onion in the oil over moderately low heat, stirring until the onion is softened.
2. Add the zucchini, summer squash, green pepper, and corn.
3. Cook the mixture over moderate heat, stirring, for 4 minutes.
4. Add the tomatoes, oregano, and pepper.
5. Simmer the stew, covered, stirring occasionally for 5 minutes more until the excess liquid is evaporated.
6. Sprinkle with the basil.
7. Serve with rice.

Nutrient analysis includes 1 cup brown rice.

Nutrition Facts

Serving Size 1 Serving (517g)
Servings Per Container 4

Amount Per Serving

Calories 440 Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 2.5g **13%**

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 66g **22%**

Dietary Fiber 8g **32%**

Sugars 8g

Protein 9g

Vitamin A 10% • Vitamin C 100%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.