

## NUTRIENTS FOUND IN CORN

- Corn is a good source of vitamin C and thiamin.
- Corn is an excellent source of folate.
- Corn is the only grain that contains vitamin A.
- Frozen corn has slightly less vitamin C than fresh corn, but is still packed with nutrients!

## GROWN IN OREGON

Oregon ranks in the top five of all states for sweet corn production. In 2011, Oregon grew over 160 square miles of corn—that is a larger area than the city of Portland!



OREGON  
CORN  
GROWN FOR SCHOOLS



## LIVING AND EATING GREEN

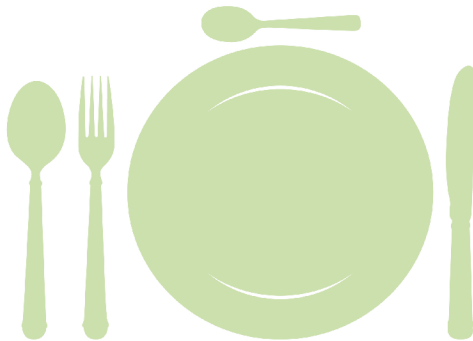
Enjoy days with nice weather by walking or biking to school with your child!

## HEALTHY, FIT & READY TO LEARN

- Visit a Farmer's Market or grocery store and allow your child to pick out a new fruit or vegetable to eat at home.
- Make eating a social occasion—turn off the television and talk about the day.
- Help your child create a face with vegetables on a plate (e.g. cucumber slices as eyes, grated carrot hair, cherry tomato nose and corn kernel teeth).

## JUST FOR KIDS

Use corn cobs as paint brushes! Gather lots of corn cobs--some with kernels still on them and some without. Pour paint onto a paper plate. Dip the corn cob into the paint, rolling it to cover all sides. Then, roll the corn cob onto paper to create neat patterns. Experiment with different corn cobs to see the differences in the designs they create! Don't eat corn with paint on it, and don't put it in the compost, either.



# YOUR OREGON KITCHEN

## QUICK AND EASY

- Add corn kernels to salad, omelets, pasta, or soup.
- Make a delicious salad with corn, black beans, onions, and lime juice!
- Serve roasted or boiled corn on the cob with lemon or lime juice and olive oil.
- Add raw or frozen corn kernels to stir-fries, chicken salad, or tuna salad.
- Fresh, frozen, or canned corn kernels add a wonderful texture to cornbread, muffins, or cornmeal pancakes.

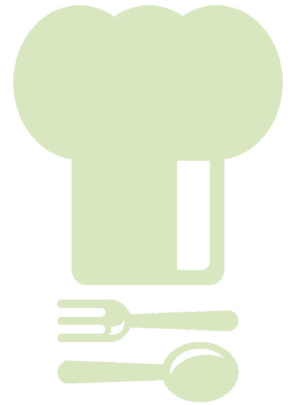
## PRODUCE POINTERS

- To choose corn in the husk, pull back enough of the husk to expose the kernels. The kernels should look full and rounded and the husk should be bright green and snugly fitting.
- If you see a small corn worm at the tip of the ear, do not fear! Simply cut off the tip and enjoy the rest of the ear. The worm probably chose the best ear for you!
- Because the sugars in corn are converted to starch so quickly, buy the freshest corn you can find. Look for markets that sell local corn in high volume and with quick turnover or go to a farm stand or farmer's market.
- Avoid corn with flattened, tightly packed kernels.
- Eat as soon as possible!

# RECIPE: CORN & CORNMEAL PANCAKES

## INGREDIENTS:

- ¾ cups flour
- ¾ cornmeal
- 1 teaspoon baking powder
- 1 cup milk
- 1 ½ cups sweet corn kernels
- Salt and pepper (to taste)
- Oil (for frying)



## DIRECTIONS:

1. Sift flour and baking powder into a bowl and stir in cornmeal.
2. Add milk and corn. Stir until just combined, adding more milk if the batter is too dry.
3. Season with salt and pepper, if desired.
4. Heat a capful of oil in a large frying pan. Spoon the batter into the pan in batches to make several pancakes.
5. Cook for approximately 2 minutes on each side, or until golden.
6. Serve with your favorite pancake toppings and enjoy!



## RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/go/f2sgardens](http://www.ode.state.or.us/go/f2sgardens).