ALL ABOUT CORN





WHERE DOES CORN GROW?

Corn grows on tall stalks in fields. It grows in warm climates, and the United States is one of the biggest producers of corn, especially in states like Iowa, Illinois, and Nebraska.

HEALTH BENEFITS OF CORN

Corn is a good source of fiber. It contains vitamins A, B, and C. Corn also has antioxidants.



Nutrition Facts	
Portion Size	**145 g**
Amount Per Portion	
Calories	**125**
	% Daily Value *
Total Fat 2g	**3 %**
Saturated Fat 0.5g	**2 %**
Sodium 22mg	**1 %**
Total Carbohydrate 27g	**10 %**
Dietary Fiber 2.9g	**10 %**
Sugar 9.1g	
Protein 4.7g	**9 %**
Vitamin D 0mcg	0 %
Calcium 2.9mg	0 %
Iron 0.8mg	4 %
Potassium 392mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

WHAT IS CORN?

Corn is a grain and a vegetable that grows on tall stalks in fields. It has kernels (the small, yellow, white, or multicolored seeds) that grow on a cob. Corn is also called maize.

CORN IN SOUTH DAKOTA

In South Dakota, sweet corn can be planted from May to early July. Corn is grown in South Dakota as a crop for livestock and food for humans. Corn is used to decorate the Corn Palace in Mitchell, South Dakota.



FUN FACTS

- Corn is one of the most important crops in the world. It's grown on every continent except Antarctica.
- Corn was first grown by Native Americans over 9,000 years ago!
- The average ear of corn has about 800 kernels, arranged in 16 rows.
- Popcorn is the only type of corn that pops when heated because of the moisture inside the kernels.
- South Dakota farmers plant more than 4 million acres of corn every year. Corn is used for practically everything, from plastic to making ethanol to fueling cars. It even goes in soda. A bushel of corn (about 56 pounds) sweetens 400 cans of soda.

FUN WAYS TO EAT CORN

- Corn on the Cob
- Popcorn
- Cornbread
- Tortillas

Farm to School
SOUTH DAKOTA