



PICK OF THE MONTH

September 2010

Cheerful Corn!

Nutrition information: 1 medium ear of corn

90 calories
4g protein
18g carbohydrates
2g fiber
119 mg potassium
89 IU Vitamin A
0 mg Vitamin C

Southwestern coleslaw

1/2 tsp. garlic powder
2 1/2 Tbs. cider vinegar
1 Tbs. water
1/2 tsp. ground cumin
1/2 tsp. dry leaf oregano
1/2 cup chopped cilantro
4 tsp. vegetable oil
2 tsp. sugar
1/2 tsp. salt
1/2 to 1 medium jalapeno,
seeded and chopped
4 cups shredded green cabbage
1 cup chopped green onions
1 cup strips red bell pepper OR
canned roasted red peppers
1 cup cooked yellow corn

Combine in a small bowl all salad dressing ingredients and mix well. In a large bowl, mix shredded cabbage, onion, red pepper and corn. Add salad dressing and toss well. Cover and chill for about 1 hour prior to serving.

Nutritional Information

76 calories, 3.1g fat, 207mg sodium, 12g carbohydrates, 3g fiber, 2g protein

Recipe from Produce for Better Health Foundation

Corn has been providing excellent nutrition to people since 3400 BC when central American cultures started eating it. An ear of corn has rows of kernels, protected by silk-like threads called corn silk and encased in a husk. Today, Americans consume about 25 pounds of corn per person each year. Most of this corn is frozen or canned, which are both nearly as healthy as fresh corn.

Corn is an excellent source of Folate, Thiamin and dietary fiber. Folate helps prevent birth defects, and it improves cardiovascular health. Thiamin is important in energy production and brain function.



Selection and preparation

Tightly wrapped: Select corn with green husks that are tight and look fresh. Pull back the husk and make sure all the kernels are tightly packed in rows. Choose corn with smaller kernels near the tip since large kernels near the tip indicate over-maturity. If you squeeze a kernel, a milky juice should spurt out.

Cook and eat now: Cook fresh corn shortly after purchasing, or store it in the refrigerator. Warmth can cause the sugar in corn to convert to starch. If purchased with

husk, keep the husk on to help the corn retain its moisture. For the sweetest corn, cook as early as possible.

Freeze for later: Fresh corn also freezes well. Blanch whole ears for 7 to 11 minutes, depending on size. Cool and freeze in heavy duty freezer bags for up to one year. To freeze kernels, blanch ears for 5 minutes and cut kernels off the cob at three-quarters of their depth. Freeze in bags for two to three months.

Check your local grocery store or fruit stand for fresh corn today!

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