

**HARVEST OF THE MONTH
 NEWSLETTER AUGUST 2022**

AUGUST

FUN FACTS

- The average ear of corn has 800 kernels, arranged in 16 rows with one piece of silk for each kernel of corn!
- Depending on the variety, corn may have yellow, white, red, black, blue or multicolored kernels.
- Corn is grown everywhere except Antarctica!

NUTRITION INFO

One ear of corn has 90 calories and provides fiber and vitamin C.

PICK

Choose corn with green, fresh looking husks. Pull the husk back to ensure the ear has plump, tightly packed kernels.

STORE

Corn should be used shortly after purchasing but can be stored in the refrigerator with the husks on for a couple of days. Blanched corn can be frozen for several months.

PREPARE

To prepare, remove the husk and silk. Wash, then grill, steam or boil. For quick and easy cleanup, microwave corn with the husk on for 2-3 minutes then remove husk.

USE

Top homemade pizza with a combination of roasted vegetables such as corn, zucchini, tomatoes, peppers and onions. Black beans and sweet corn make an excellent pair!


Corn and Sweet Potato Confetti Salad

Serves 16

Ingredients:

- 3 cups sweet potato, peeled and diced
- 3½ cups cut fresh corn kernels (7 ears) or frozen corn kernels
- 2 green bell peppers, diced
- 1 red bell pepper, diced
- 1 small red onion, diced
- 1 tablespoon olive oil
- ½ cup cider vinegar
- ½ teaspoon salt

Directions:

Bring one cup of water to boil in a 2 quart saucepan; add diced sweet potatoes. Cook sweet potatoes 10 minutes or until slightly tender. Drain and set aside. Remove shuck and silk from fresh corn ears; cut kernels from cob. Dice peppers and red onion. Heat olive oil in a large skillet on medium setting; add sweet potatoes and cook until slightly browned. Add peppers; cook 5 minutes; add corn kernels, cooking until tender. Combine red onion and cider vinegar in large bowl; add skillet vegetables; toss and salt to taste. Serve warm or refrigerate for chilled version.

Per Serving (1/2 c): 70 calories, 1.5g fat, 0 g saturated fat, 2g protein, 13g carbohydrates, 2g fiber, 95mg sodium
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