



## Corn is The Harvest of the Month!

### Add corn to your favorite family meals:

- Add frozen corn to chili or chowder.
- Make a delicious salad with corn, black beans, onions, tomatoes, peppers, cilantro, lime juice, olive oil, garlic, cumin, salt & pepper.
- Add fresh or canned corn to guacamole or taco salad.

*Make meals and memories together. It's a lesson kids will use for life.*

**Select** – Sweet corn is available fresh, frozen, and canned. If selecting fresh corn, choose ears with bright green husks, fresh silks, and tight rows of plump kernels.

**Store** – Refrigerate corn with husks on and use within 1-2 days.

**Prepare** – Peel husks and silks from ears of corn. Break off the stalk at the base of the ear of corn. Rinse under cool running water. Boil, microwave, grill, or roast!

### Did you know?

In Aztec, Incan, Mayan, and Native American cultures, corn was grown in companionship with squash and beans. Corn, squash, and beans make up the traditional "Three Sisters".



Nutritious, Delicious, Wisconsin!  
#WIharvestoftheMonth

## Recipe of the month

### Cowboy Corn 7 servings (1/2 cup)

#### Ingredients:

- $\frac{2}{3}$  cup sweet corn
- 1 can (15 oz) low sodium black beans, rinsed and drained
- $\frac{1}{4}$  cup tomatoes, chopped
- 2 Tablespoons green pepper, chopped
- 3 Tablespoons red onion, diced
- 2 Tablespoons fat free italian dressing
- $\frac{1}{2}$  teaspoon chili powder
- $\frac{1}{2}$  teaspoon cumin

#### Directions:

1. Wash hands with soap and water.
2. Combine sweet corn, black beans, tomatoes, green pepper, and onion in a large serving bowl.
3. Whisk together dressing and spices.
4. Pour over vegetable mixture; toss until coated.
5. Chill for one hour to blend flavors.

Per serving: 77 calories, 0 g fat, 5 g protein, 15 g carbohydrate, 5 g fiber, 141 mg sodium

Source: laxf2s.org



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