

Harvest of the Month



March



Corn



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, 2-3 minutes per ear. Then remove the husk & silk and enjoy!

Nutrition Info

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

Fun Facts

The average ear of corn has 800 kernels, arranged in 16 rows. There is also 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.

Uses

Try grilled sweet corn. Simply peel back corn husks and remove silk. Place 1 tablespoon of butter and a pinch of salt & pepper on each piece of corn. Close husks. Wrap each ear of corn tightly in aluminum foil and place on preheated grill. Cook approximately 30 minutes, turning occasionally, until corn is tender.

Top homemade pizza with a combination of roasted vegetables such as corn, zucchini, tomatoes, peppers and onions.

Farm2School Update: Served at School Served at Home!

Local corn in March? The corn served at schools is from Sno Pac located in Caledonia, MN. This corn was locally grown, harvested at peak season and processed by Sno Pac, making it available for year-round use. Sno Pac corn is also available in the natural food frozen section at most local grocery stores. Grab some and enjoy local corn at home!.

Family Friendly Activities

Play a game and have each family member keep track of the number of different vegetables they eat in one week. The winner, the one who has the greatest variety, gets to choose a family activity for the weekend.

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Fresh Veggie Quesadillas

Serves 8 (1 quesadilla/ serving)

Ingredients:

- 1 cup chopped bell pepper
- 1 cup chopped summer squash
- 1 cup corn
- 1 (15 ounce) can black beans, drained & rinsed
- 2 Tbsp. olive oil
- 8 (9-inch) whole wheat tortillas
- 2 cups sharp cheddar cheese
- salsa, as desired

Directions:

Preheat oven to 350 degrees. In a large skillet over medium heat, sauté vegetables and beans in oil for 5-7 minutes. Spread vegetable mixture evenly over half of each tortilla; sprinkle with cheese. Fold the tortillas in half and place onto a baking sheet. Bake quesadillas until cheese has melted, about 10 minutes. Cut each quesadilla into 4 triangles. Serve with salsa as desired.

Nutrition Facts

Serving Size 1 quesadilla (180g)
Servings Per Container 8

Amount Per Serving

Calories 270 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 500mg **21%**

Total Carbohydrate 35g **12%**

Dietary Fiber 6g **24%**

Sugars 3g

Protein 15g

Vitamin A 6% • Vitamin C 30%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information on Farm2School visit:

www.laxf2s.org

Color
Sweet
Corn!

