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## Selection

When purchasing corn look for corn husks that are fresh and green and not dried out.

The husks should envelope the ear and not fit too loosely around it.

To examine the kernels, gently pull back on part of the husk. The kernels should be plump and tightly arranged in rows.

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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ◆ Once purchased, keep corn out of the sun and heat.
  - ◆ Corn is best if eaten same day as purchased, but can be still fresh up to 3 days after.
  - ◆ Wash cobs without outside husk before eating or using.
  - ◆ Store corn in airtight containers if not eating the same day as purchase.
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## Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
  - ◆ When you spend money locally, it helps to keep small businesses open and builds up your community.
  - ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles.
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### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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# Veggie Bites



## Corn Maize

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## Uses

Corn can be eaten straight off the cob with nothing added or it can be seasoned with a little organic butter, olive oil, or flaxseed oil, salt and pepper or any other herbs.

Corn can be added to a cold salad and added to guacamole or soup.



Corn 'n Peas Pasta Salad

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## Nutrition Facts

- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of fiber
- ◆ Good source of Vitamins C, B3, and B5
- ◆ Good source of Manganese
- ◆ Good source of Iron

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Primary Sources: WH Foods; Photos found on Google Images

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## Try It!

### Corn 'n Peas Pasta Salad

#### INGREDIENTS

2 cups	Rotini
1 cup	Plum tomatoes, chopped and seeded
6	Green onions, thinly sliced
1/2 cup	Red bell pepper, chopped
1/4 cup	Cilantro, chopped
15 oz.	Peas, cooked
15 oz.	Black-eyed peas, cooked
11 oz.	Corn, cooked
2 oz.	Olives, sliced

#### Dressing:

1/2 cup	Salsa
1/4 cup	Oil and vinegar dressing
1 Tbsp.	Lime juice
1 tsp.	Sugar

#### Garnish

Lettuce leaves  
Cilantro

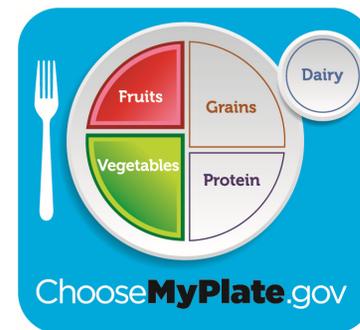
#### INSTRUCTIONS

1. Cook pasta until *\*al dente\**. Drain and rinse with cold water.
2. In large bowl, combine cooked pasta and all remaining salad ingredients, toss lightly.
3. In small bowl, combine dressing ingredients and mix well.
4. Pour over salad and toss lightly to coat.

5. Cover and refrigerate 1 hour.
6. To Serve, Line serving platter or bowl with lettuce leaves.
7. Spoon salad over lettuce, top with cilantro.

Yield: 10 servings

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



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## History & Fun Facts

There is no other food more closely identified with America than corn.

Both the Mayan and the Olmec civilizations that date back to 2000-1500BC in what is now Mexico and Central America (commonly called Mesoamerica) had not only adopted maize as a staple food in the diet but had also developed a reverence for maize that was expressed in everyday rituals, religious ceremonies, and in the arts. The first domestication of maize in Mesoamerica actually dates back even further to 9000-8000BC.