THERE ARE

Corn, also known as maize, is from the family Poaceae, a group of flowering plants known as grasses.

DIFFERENT TYPES OF CORN: Sweet Corn

Popcorn

Flour Corn

Dent Corn

Flint Corn

Pod Corn

Corn is a good source of fiber,
B vitamins, and some minerals.

Corn is an ingredient in over 3000 grocery items.

A healthy corn plant is between 6-12 feet tall.



The corn cob (ear) is actually part of the corn plant's flower.

Corn's wild ancestor is a grass called Teosinte



Most ears of have about kernels in

THE OLDEST CORN FOUND IN MEXICO'S VALLEY OF TEHUACAN WAS

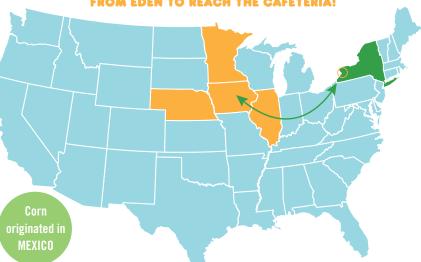
7000

YEARS OLD.

For the best fresh corn, purchase in season (usually mid-to-late summer).

WITH IOWA ACCOUNTING FOR MOST OF THE UNITED STATES' CORN PRODUCTION, IT MUST TRAVEL ABOUT 700 MILES TO REACH BUFFALO

OUR NEW YORK STATE CORN ONLY HAS TO TRAVEL 20 MILES FROM EDEN TO REACH THE CAFETERIA!



There are about 90 million acres of land planted to corn in the U.S., most of which is grown in four states — lowa, Minnesota, Nebraska and Illinois.

As an alternative to butter, rub with wedges of lemon or lime.

Low in fat and calories



CORN CAN BE YELLOW, WHITE, RED, OR BLUISH/BLACK