



ISLAND GROWN

HARVEST OF THE MONTH

– September –

CORN

FEATURED FARM OF THE MONTH: MORNING GLORY FARM

Morning Glory Farm has been growing their famous sweet corn for over 30 years. They now grow about 20 varieties of corn, including popcorn, flint and ornamental varieties. The most popular sweet varieties are Providence and Silver Queen, while one of the longest standing ornamental varieties is called Wilda's Pride, which originated in Western Mass. You can find Morning Glory corn at their farm store or at the West Tisbury Farmer's Market from mid-July through October.

HEALTHY SERVING IDEAS

Add corn to your favorite salad recipes using fresh, frozen, or canned corn.

Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.

Sprinkle corn kernels on pizza for a new take on toppings.

Add frozen or canned corn to your favorite casserole or soup.

HEALTH BENEFITS

FOLATE

THIAMIN (VITAMIN B)

VITAMIN C

VITAMIN B6

MANGANESE

PHOSPHORUS

NIACIN

POTASSIUM

FIBER

SHOPPER'S TIPS

Choose fresh, green husks and ears that are covered with plump, shiny kernels.

Avoid silks that show signs of rot or decay.

Store fresh corn in a cool location or in the refrigerator for up to three days.

Cut the kernels off the cob and freeze a bag for last-minute meal ideas.

When buying canned corn, look for low-sodium varieties.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH



This material is adapted from Harvest of the Month by California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

