

CORN



Nebraska's Harvest of the Month celebrates corn, a versatile and nutritious crop that is central to our state's agricultural heritage. Known as the Cornhusker State, Nebraska produces billions of bushels of corn each year. Corn is a staple in many diets, enjoyed fresh, frozen, or processed into countless products. Whether it's sweet corn on the cob, buttery popcorn, or hearty cornmeal dishes, this golden crop is as delicious as it is diverse. Join us this month as we explore recipes, fun activities, and fascinating facts about Nebraska's most iconic crop!

SELECTION, STORAGE & COOKING

- Choose ears of corn with bright green husks, tight rows of kernels, and fresh, silky tassels.
- Store unshucked corn in the refrigerator and use it within 2-3 days for the best flavor.
- For long-term storage, blanch and freeze corn kernels or whole ears.

NUTRITIONAL VALUE

Corn is an excellent source of dietary fiber, providing energy and supporting digestive health. It contains essential nutrients like vitamin C, B vitamins (especially thiamin and folate), and minerals such as magnesium and potassium.

SEASONAL AVAILABILITY JUL AUG SEP

HOMEMADE POPCORN

Ingredients:

- 3 tbsp vegetable oil
- 1/2 cup popcorn kernels
- Salt to taste
- Optional toppings: melted butter, grated cheese, or caramel sauce

Directions:

1. Heat the oil in a large pot over medium heat. Add a few kernels to test the heat; when they pop, the oil is ready.
2. Add the rest of the kernels and cover the pot with a lid.
3. Shake the pot gently while the kernels pop to prevent burning.
4. Once the popping slows, remove the pot from heat and let it sit for a minute.
5. Pour the popcorn into a large bowl, season with salt, and add optional toppings if desired.



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH

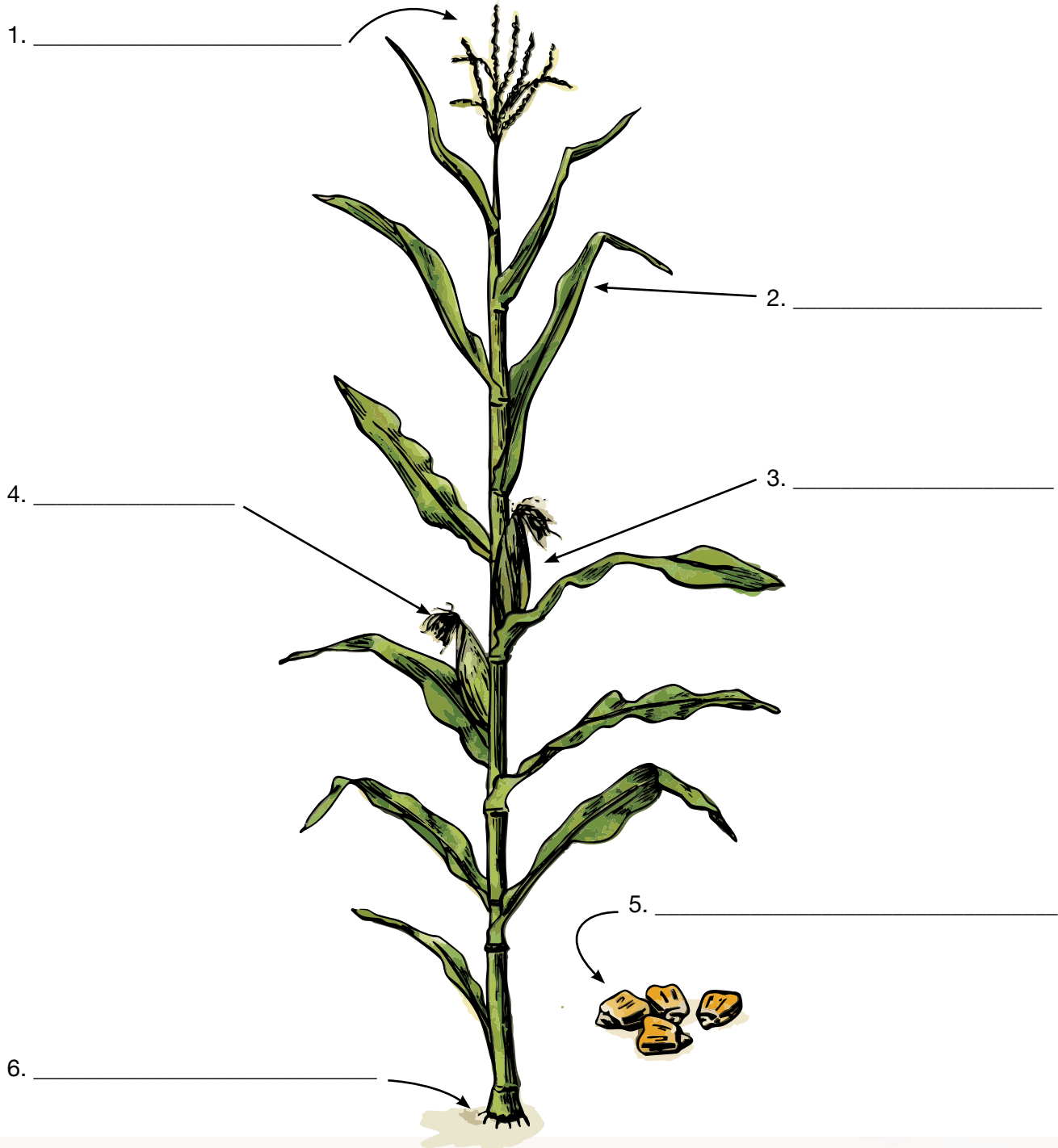
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month



PARTS OF A CORN PLANT

Using the word bank below, fill in the blanks to label the different parts of corn.

EAR	TASSEL	LEAF
CORN SILKS	BRACE ROOTS	CORN SEED / KERNEL



ANSWERS: 1. Tassel, 2. Leaf, 3. Ear, 4. Corn Silks, 5. Corn Seed / Kernels, 6. Brace Roots