

LEARN



facts

- Spanish translation: *El elote*
- Hmong translation: *Pob kws*
- Sweet corn is the type of corn people grow in their vegetable gardens. Corn-on-the-cob, canned, and frozen corn are also sweet corn.
- Popcorn is a different type of corn. Popcorn are dried corn kernels that puff up when heated.



Photo credit – CMN: Sustainable Development Institute

EAT



nutrition & seasonality

- Corn has fiber. Fiber keeps us feeling full longer and helps digestion run smoothly.
- Share with children:
Fiber helps you poop.
- Fresh sweet corn is available in Wisconsin from July through September.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Try corn on the cob when it is in-season in Wisconsin.

Experiment with different toppings including:

- lime juice
- fresh herbs (parsley, basil)
- spices (paprika, garlic)



FUN



activity: Plant Part Exploration

Collect different parts of the plant that we eat:

- seeds (corn kernels, beans)
- root (carrot, beet)
- stem (celery, asparagus)
- leaf (spinach, kale)
- flower (cauliflower, broccoli)
- fruit (apple, pear)

Place each plant part in the sensory table. Introduce the sensory table items by explaining that each is a plant part. Once they have everything they need (soil, water, sunlight, and air), seeds will grow into a plant. The stem will help carry water from the roots throughout the plant. The leaves allow the plant to capture sunlight. Flowers produce new seeds that start the cycle again.

— Adapted from: *Got Veggies? ECE Edition!*
An Early Care and Education Garden-Based Resource

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



READ



books

- *Tops and Bottoms* by Janet Stevens
- *We Eat Food That's Fresh!* by Angela Russ-Ayon
- *Growing Vegetable Soup* by Louis Ehlert

GARDEN CONNECTION

planting

Sweet corn needs warm weather to grow. Plant the corn kernels (seeds) ½ inch deep in cool, moist soil or 1-1½ inches deep in warm, dry soil. Space kernels 9-12 inches apart. Plant 2 or more rows of the same variety so that the corn is pollinated. Space rows 30-36 inches apart.

harvesting

Each cornstalk should produce at least one large ear of corn. Under good growing conditions, it may also produce a second ear. Pick sweet corn during the "milk stage" when the kernels are formed, but not fully mature. The kernels are smooth, plump, and the juice in the kernel appears milky when punctured with a thumbnail. To harvest, snap off the ear by hand with a quick, firm, downward push, followed by a twist and pull. The corn should be eaten as soon as possible.