

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Corn

You can find POW! info sheets on the EHHD website!
www.ehhd.org
Look for
Produce Of the Week



What veggie is the country's number one crop?

CORN!

- ⇒ Look for corn whose husks are fresh and green and not dried out.
- ⇒ The husk should fit tight on the corn
- ⇒ Pull back a small part of the husk to be sure the kernels are plump and tightly arranged in rows
- ⇒ Store in the refrigerator with the husk on and use as soon as possible for best flavor

Nutrition Facts:

- ◆ **One medium ear is one serving**
- ◆ **One serving contains about 90 calories**
- ◆ **Excellent source of dietary fiber**
- ◆ **Good source of vitamin C**

Did you know?

Corn is used to produce fuel alcohol which is used to make fuel burn cleaner

Corn is grown on every continent except Antarctica

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 7



Day 2



Day 4



Day 6

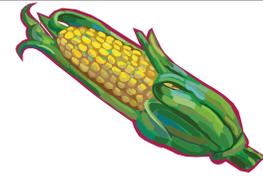


Try these delicious, nutritious and healthy recipes!

Fish chowder

INGREDIENTS

1 onion, diced	28 oz. stewed tomatoes
2 potatoes, washed & diced	1 cup corn, fresh or frozen
1 stalk of celery, sliced	1 cup chopped spinach
1/2 cup cooking wine	1 pound cod, skinned & cut into bite-sized pieces



DIRECTIONS

1. In a medium stock pot, sauté onion and celery in 1 tablespoon olive oil until soft.
2. Add remaining ingredients except wine. Simmer 10 to 15 minutes or until potatoes are soft.
3. Add wine & simmer 5 to 10 minutes more for flavors to blend.

Simple ways to enjoy corn:

Try it raw! Fresh sweet corn on the cob is delicious raw and right off the cob!

Or, husk an ear of corn and wrap in aluminum foil, season it to taste with salt and pepper and throw it on the grill for 30 minutes!

In a hurry? Husk an ear of corn, wrap in a piece of waxed paper and microwave about 3 minutes!

Corn with a Kick

INGREDIENTS

1/4 cup chopped onion	1/2 medium tomato, diced
1/4 cup chopped green pepper	1 teaspoon salt
1 tablespoon butter or margarine	1/8 teaspoon pepper
2 cups whole kernel corn	cayenne pepper to taste

DIRECTIONS

In a large saucepan, sauté onion and green pepper in butter until tender. Stir in corn, tomato, salt, pepper and cayenne. Reduce heat; cover and cook for 5-10 minutes or until heated through, stirring occasionally.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!