

FoodShare's Harvest of the Month



September Feature:

Corn



It's that time of year again! The sound of school bells ringing and children playing lets us know that another school year is upon us! This is always an exciting and busy time for both students and caregivers. So what better way to celebrate the changing of the seasons with a fall harvest of tasty corn?

There are many ways to enjoy this ancient grain! Stay warm and cozy with a bowl of homemade corn soup, or pop some kernels for a healthy snack, or just enjoy it straight on the cob with a dab of butter and spices. Anyway it's sure to get your kids asking for more!

What did baby corn say to its mom? Where's pop corn?

Did You Know?

- Corn comes in a variety of colours: yellow, white, pink, red, purple, black, and blue.
- Corn is a good source of antioxidants and is a high source of fibre.
- Corn is actually the fruit from the plant *Zea mays*.²
- There are more than 100 varieties of corn!
- Corn is grown on every continent except Antarctica
- Corn has been grown as a crop for more than 6 000 years

Corn Husk Doll

What To Do:

- Soak 4 corn husks in water until pliable. Tie them at the top with twine, and trim ends.
- Pull loose ends down over knot to form a ball. Tie with twine to secure. This will make the head.
- To make the arms, take 2 corn husks and tie off the ends using twine to create hands. Slip the arms in between the husks hanging down from the head and secure just below to form the waist.
- Take some twine and tie off the body underneath the arms to create a waist. Trim twine.

Adapted from www.kids.discovery.com

Pass the Corn on the Cob Game

How to Play

You will need two pieces of corn on the cob. Indian corn is always fun and brightens up the game. If not regular corn works just as well as long as it's on the cob.

Divide the children up into two equal teams. If you have an odd number of children make one the game watcher. It will be up to them to make sure the game is played correctly.

Lay a cob of corn in front of the first person in each team. Each team member must pass the corn to the next team member. The trick is they can't use their hands. If the corn is touched by someone's hand or if it is dropped, then it goes back to the beginning and the team must restart.

This is where the watcher needs to pay attention because it is their job to make sure no one uses their hands and that the corn gets back to the beginning if necessary. The first team to make it all the way to the last member wins the game.

Adapted from: www.showkidsthefun.com



Sweet & Spicy Popcorn by www.allrecipes.com

Ingredients:

- 1 Tbsp sugar
- 1 tsp chili powder
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- A dash of cayenne pepper
- 6 cups plain popped popcorn

Method:

Mix ingredients in ziplock bag & sprinkle onto lightly buttered popcorn.

Corn Recipe

Mexican Corn Soup

Try this traditional spicy soup to warm you in the cooler months!

Ingredients

- 1 medium onion, minced
- 4 medium cloves garlic, chopped
- 2 Tbsp red chili powder
- 3 cups + 1 Tbsp vegetable broth
- 1 small to medium green bell pepper, diced into 1/4-inch pieces
- 1 small zucchini, diced into 1/4-inch pieces
- 1 cup finely chopped collard greens
- 1 15 oz can diced tomatoes
- 2 cups or 1 15 oz can black beans, rinsed
- 1 cup frozen yellow corn
- 1 4 oz can diced green chili
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1/4 cup chopped pumpkin seeds
- 1/2 cup chopped fresh cilantro
- salt and pepper to taste

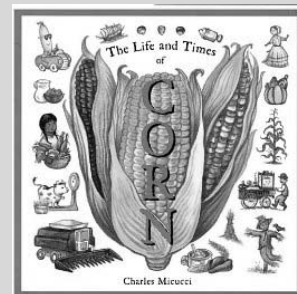
Directions

1. Heat 1 Tbsp broth in a pot. Sauté onion, garlic, and green peppers in broth over medium heat for 5 minutes.
2. Add red chili powder and mix. Add broth, zucchini, collard greens, and tomatoes. Cook for 5 minutes and add beans, corn, green chili, oregano, and cumin.
3. Bring to a boil. Reduce heat to medium and simmer for 15 minutes. Add cilantro, pumpkin seeds, salt, and pepper.



Adapted from: www.whfoods.com

Feature Book



Title: *The Life and Times of Corn*

Author: Charles Micucci

Publisher: Houghton Mifflin Harcourt

Publication Date: 2009

ISBN: 9780618507511

Description: What grain has seeds in all colors of the rainbow, can grow twenty feet high, is often harvested by moonlight, and is more valuable to the United States than gold? As the New York Times Book Review said, "Micucci knows how to grab his audience" and is "canny about organizing his material."

Building upon his successful series of creative science for the younger grades, the author-illustrator of the *Life and Times* series focuses on the science, uses and history of America's most prevalent crop. A master of fascinating trivia, he knows just how to draw readers in and expand on a seemingly small topic.

(Amazon, www.amazon.com)



FoodShare Toronto 90 Croatia Street Toronto, ON M6H 1K9
Tel: 416.363.6441 Fax: 416.363.0474 www.foodshare.net