

**HARVEST OF THE MONTH  
 NEWSLETTER AUGUST 2022**

**AUGUST**

**corn**
**FUN FACTS**

- The average ear of corn has 800 kernels, arranged in 16 rows with one piece of silk for each kernel of corn!
- Depending on the variety, corn may have yellow, white, red, black, blue or multicolored kernels.
- Corn is grown everywhere except Antarctica!

**NUTRITION INFO**

One ear of corn has 90 calories and provides fiber and vitamin C.

**PICK**

Choose corn with green, fresh looking husks. Pull the husk back to ensure the ear has plump, tightly packed kernels.

**STORE**

Corn should be used shortly after purchasing but can be stored in the refrigerator with the husks on for a couple of days. Blanched corn can be frozen for several months.

**PREPARE**

To prepare, remove the husk and silk. Wash, then grill, steam or boil. For quick and easy cleanup, microwave corn with the husk on for 2-3 minutes then remove husk.

**USE**

Top homemade pizza with a combination of roasted vegetables such as corn, zucchini, tomatoes, peppers and onions. Black beans and sweet corn make an excellent pair!


**Corn and Sweet Potato Confetti Salad**

Serves 16

**Ingredients:**

- 3 cups sweet potato, peeled and diced
- 3½ cups cut fresh corn kernels (7 ears) or frozen corn kernels
- 2 green bell peppers, diced
- 1 red bell pepper, diced
- 1 small red onion, diced
- 1 tablespoon olive oil
- ½ cup cider vinegar
- ½ teaspoon salt

**Directions:**

Bring one cup of water to boil in a 2 quart saucepan; add diced sweet potatoes. Cook sweet potatoes 10 minutes or until slightly tender. Drain and set aside. Remove shuck and silk from fresh corn ears; cut kernels from cob. Dice peppers and red onion. Heat olive oil in a large skillet on medium setting; add sweet potatoes and cook until slightly browned. Add peppers; cook 5 minutes; add corn kernels, cooking until tender. Combine red onion and cider vinegar in large bowl; add skillet vegetables; toss and salt to taste. Serve warm or refrigerate for chilled version.

Per Serving (1/2 c): 70 calories, 1.5g fat, 0 g saturated fat, 2g protein, 13g carbohydrates, 2g fiber, 95mg sodium  
 FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act. [laxf2s.org](http://laxf2s.org)

Coulee Region Farm to School is a partnership between UW Extension, La Crosse County Health Department, Mayo Clinic Health System - Franciscan Healthcare, Gunderson Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.



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