

CORN

Did you know?

Corn is not a vegetable but a grain! That's why it's made into corn flour, meal, syrup, oil and more. In fact, corn is the most cultivated grain in the world!



Choosing it

When buying fresh corn, choose cobs with plump kernels. The husk should be green and smooth and the silk should be damp. You can also find corn kernels in **cans** or **frozen**, and they are also very nutritious.

Good to know!

July to October is the time to organize a corn roast with local corn! Don't forget your dental floss because corn can get stuck between the teeth!



Why we like it

If you feel like a crunchy treat, **popcorn** is nutritious and rich in fibre. But keep an eye on the amount of butter added.

Tip to reduce waste

If you have corn left over after your corn roast, cook it. Then, you can remove the kernels by sliding a knife along the cob. You can use the corn kernels in recipes or freeze them for later.

5 ways to use it

- What would the traditional **shepherd's pie** be without its mix of whole kernel corn and creamed corn to add some colour to your plate!
- Add creamed corn to **soups** and vegetable or seafood **chowders** to add a little sweetness.
- Give your stir-fries or pasta dishes a Mexican touch by adding whole kernel corn.
- Punch up your corn roast by seasoning the corn cobs with **herb butter**, smoked paprika or a few added drops of lime juice.
- Cook and then cool **corn kernels** to use in vegetable or pasta salads.

Storing it

Fresh corn should be eaten as quickly as possible after it's picked, but it can keep **2 days in the refrigerator** if it hasn't been shucked. In the freezer, cooked corn kernels will keep **3 months** and corn cobs will keep up to a year.