

June 2016

VEGETABLE of the MONTH

Cooking for Kids

Cilantro Lime Grilled Corn

Serves 6, Prep: 20 minutes

If you have extra butter mixture at the end, stick it in the freezer for your next corny meal!

Ingredients:

1 cup packed and chopped fresh cilantro
1 stick unsalted butter, room temperature
½ tsp lime zest
2 tsp lime juice
Kosher or coarse sea salt
6 ears corn, husked

Directions:

1. Chop cilantro, butter, lime zest and juice, and salt in food processor.
2. Heat grill to medium-high. Brush corn with cilantro butter.
3. Lay corn on hot grill, turning occasionally until bright in color and nicely charred, about 10-12 minutes.
4. Brush corn with some of the remaining butter and serve immediately.

Books

Grades K-2

Gimme Cracked Corn and I Will Share by Kevin O'Malley

Grades 1-5

Corn by Gail Gibbons

The Incredible Edible Corn



Just the Facts

→ Corn is a great source of niacin, pantothenic acid, and folic acid

→ Comes in yellow, black, purple, green, red, white, and blue colors

→ Every ear of corn has an even number of rows.

→ Corn plants typically grow between 7-10 feet tall

→ Each ear has an average of 800 kernels

→ Corn is the biggest crop grown in the U.S., and Iowa and Illinois produce 1/3rd of all the corn in the U.S.

Did You Know?

This month on the school menu you can enjoy CORN in:

- Cooked Corn
- Black bean and corn salsa
- Corn chips in nachos



For more information, see:

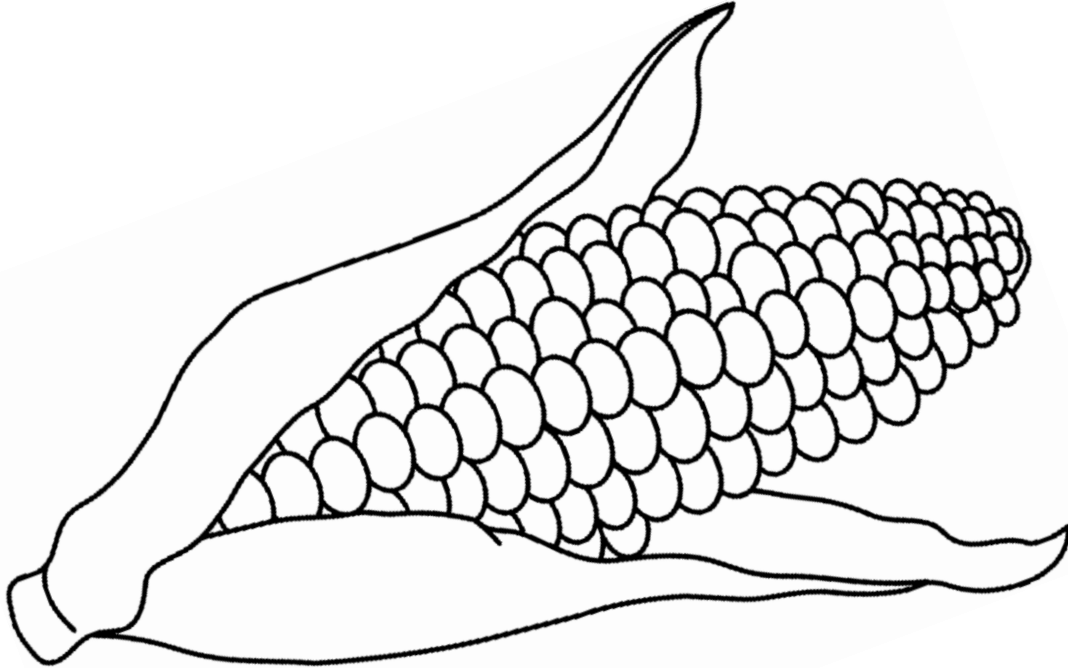
- <http://ffanewhorizons.org/farm-facts-corn/>
- <http://swampyacresfarm.com/RandomCornFacts.html>



Created by: The EPS Food & Nutrition Department

Activity: Corn

COLOR ME



C B O E T Y R A M T
P I K B N A L C D O
F A S K O T S R H O
A M U T O O I S G R
Z O H C A L L D E V
L U X E R F K N I L
E D K L U N I E J R
A N E S Q Y C O B W
R A H C A G W F P D
F B O M L E N R E K

Word Search!

We eat almost 25 pounds of corn per person each year in the U.S. Find the different parts of the corn plant in the puzzle to the left.

Hint: Words go forward, backward, and diagonal!

Word Bank:

COB

EAR

HUSK

KERNEL

TASSEL

LEAF

ROOT

STALK

SILK