

Harvest of the Month



Did you Know?

SNAP, formerly known as food stamps, is welcome at Skagit Farmers Markets. Get MORE fruits and vegetables when you shop with your EBT card. Just go to the market booth with the green flag and ask about Double Up Bucks.



To find a market nearest you, visit: www.svfmcoalition.org



What's in Season?

Fresh grown corn is in peak season during the summer. Frozen and canned corn varieties are available year-round



The *Harvest of the Month* featured fruit is
Corn

Health and Learning Successes Go Hand-in-Hand

Studies show that children who eat meals with families tend to eat more fruits and vegetables than children who eat alone. One of the best ways to encourage children to eat fruits and vegetables is to join them. Expose your child to new and old favorites. Harvest of the Month provides an opportunity for students to try new fruits and vegetables and make healthy recipes to serve your family and friends.

How Much Do I Need?

- A 1/2 cup of corn is about one small ear of corn. This is about the same as one cupped handful of corn kernels.
- A 1/2 cup of corn provides a good source of folate and thiamin.
- Thiamin is also called vitamin B₁. It helps your body use energy.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are. Fresh, frozen, canned, and dried corn all count towards your daily recommended amounts. Set a good example by letting your child see you eat fruits and vegetables, too.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Nutrition Facts	
Serving Size: ½ cup corn (82g)	
Calories 89	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 3%

Produce Tips

- Choose fresh, green husks and ears that are covered with plump, shiny kernels.
- Store fresh corn in a cool location or in the refrigerator for up to three days.
- Keep a bag of corn in the freezer for last-minute meal ideas.
- Avoid silks that show signs of rot or decay.
- When buying canned corn, look for low-sodium varieties.



Try this fun activity at home!

Make a 5x6 grid. Label columns: white corn, yellow corn, popcorn, and corn tortilla. Label rows: look, feel, touch, smell, and taste. Examine each corn item using the five senses. Describe findings in the chart. Make another grid. Label rows: calories, fat, carbohydrates, protein, vitamins. Examine Nutrition Facts labels and fill in the chart. Discuss the similarities, differences, and why the nutrient values change when corn is used as an ingredient in other foods.



Let's Get Physical!

- **At home:** Turn off the television and turn on the radio to dance to your favorite music with your child.
- **At work:** Take a walk around your worksite with a co-worker.
- **At school:** Walk, jog, or bike to and from school with your child.
- **With the family:** Go to a local park and play tag with the whole family!

For more physical activity ideas, visit:
www.cdc.gov/physicalactivity



HERE ARE SOME EASY WAYS TO ADD Corn INTO YOUR DIET:



- Add corn to your favorite salad recipes using fresh, frozen, or canned corn.
- Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
- Sprinkle corn kernels on pizza for a new take on toppings.

Corn Salsa With Whole Wheat Crackers

This is a great after-school snack that kids can help prepare.

Yield: 4 servings at 1/2 cup each

Ingredients:

- *1 cup canned corn (drained)
- *1 cup mild, chunky salsa
- *16 whole wheat crackers

Directions:

- *Combine corn and salsa together in medium bowl. Mix well.
- *Serve 1/2 cup corn salsa with four whole wheat crackers on a plate.
- *Enjoy!

Nutrition Information: 120 Calories; 3g Total Fat; 1g Saturated Fat; 22g Carbohydrate; 0mg Cholesterol; 3g Dietary Fiber; 297mg Sodium

CRUNCHY * JUICY * DELICIOUS * YELLOW * GREEN * SHINY * SMOOTH * HEALTHY * YUMMY

WSU extension programs and employment are available to all without discrimination. Evidence of noncompliance may be re-reported through your local WSU Extension Office. This material was funded in part by USDA's Supplemental Nutrition Assistance Program. S.N.A.P. provides nutrition assistance to people with low income; it can help you buy nutritious food for a better diet. To find out more, contact <http://foodhelp.wa.gov> or Basic Food Program at 1-877-501-2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Valerie DeKok at 360-428-4270 or vdekok@wsu.edu at least two weeks prior to the event.

