

# Mississippi Farm to School

Mississippi Grown. Mississippi Good.



## Corn is an excellent way to eat healthy!

Sweet corn is a good source of folate, which may help prevent heart disease. Sweet corn can be yellow, white, or a mix of both. Yellow varieties of sweet corn supply the antioxidant beta carotene, which may help prevent some cancers. Fresh sweet corn also offers a good source of complex carbohydrates and protein.

## Fun Facts

- Corn consistently has an even number of rows on each ear.
- The average ear of corn has 800 kernels, arranged on 16 rows, with one silk for each kernel.
- Corn, also called maize, has existed for about 7,000 years. Sweet corn, on the other hand, has been around for 200 years.
- Popcorn is also a type of maize. Source: University of Minnesota Extension



*Sweet corn is grown in Mississippi by farmers like the Rawl's Family of WP Rawl.*

**Sweet corn can be eaten on or off the cob and grilled, baked, sautéed, or boiled!**