**How many seeds?**

An ear of corn can have 750 to 1,000 kernels. Depending on the variety, these can range in color, including: yellow, white, orange, purple, red, blue, black or brown!

**Native Grain**

Corn is the only cereal (grain) native to the Americas!

Sweet

Corn

This month **\_\_\_\_\_\_**school

is celebrating local

This month our cafeteria is featuring local \_\_\_\_\_\_ from **\_\_\_\_\_\_\_\_\_ FARM in \_\_\_\_\_\_\_\_\_\_\_\_\_ Connecticut!**

On Tuesday September 15th, students will have a chance to sample \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (see next page for the recipe!). They will vote on whether they: Tried It (it wasn’t my favorite), Liked It (it was pretty good), or Loved It (it was delicious!).

Corn is a good source of energy and is grown in many places besides Connecticut. It is an important part of many different cuisines worldwide.

Tasty Tidbit:

Sweet corn should be refrigerated to prevent heat from converting the kernel sugars kernels into starch!

## Get your taste buds ready!

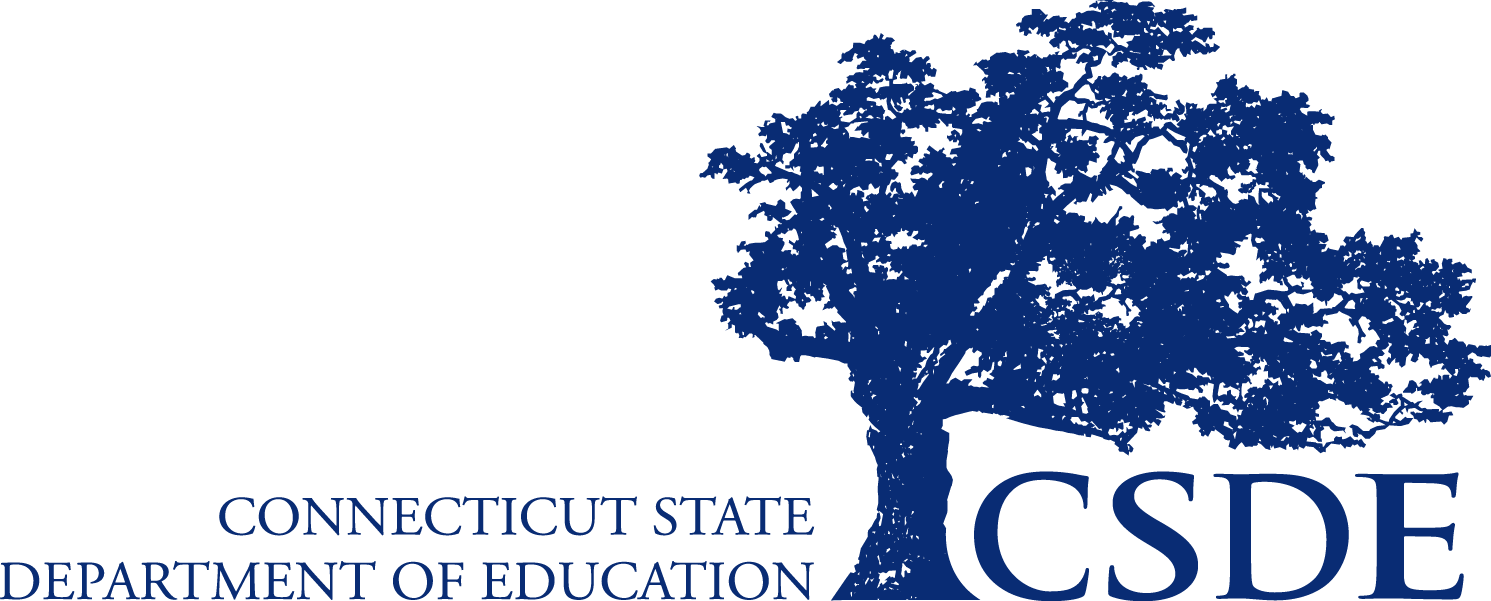
**Fun To Know:**

LOCAL TRAY DAY

Tuesday, September 15th

SEPTEMBER

September : 2016



**A Little Corn Song:**

**(to the tune of *I’m A Little Teapot*)**

**I'm A Little Cornstalk**   
I'm a little cornstalk tall and stout,  
see me grow and watch me sprout.  
When I'm brown, you can shuck me down,  
Boil me up and I'm the best in town!  
  
**See the Little Kernel**   
See the little kernel in the pot,  
Turn on the heat and watch it hop.  
When it gets all warmed up, it will pop.  
Mmmm, it tastes good when it’s hot!

**I'm A Stalk of Corn**   
I’m a stalk of corn growing up high,  
Here are my husks oh so dry.  
When you pull them back you will find,  
Juicy kernels sweet as pie!

*Credit: Child Care Lounge. http://www.childcarelounge.com/season-theme/corn.php*

**Fresh Corn on the Cob:**

Ingredients: 4 Fresh ears of corn  Butter  Salt  Pepper

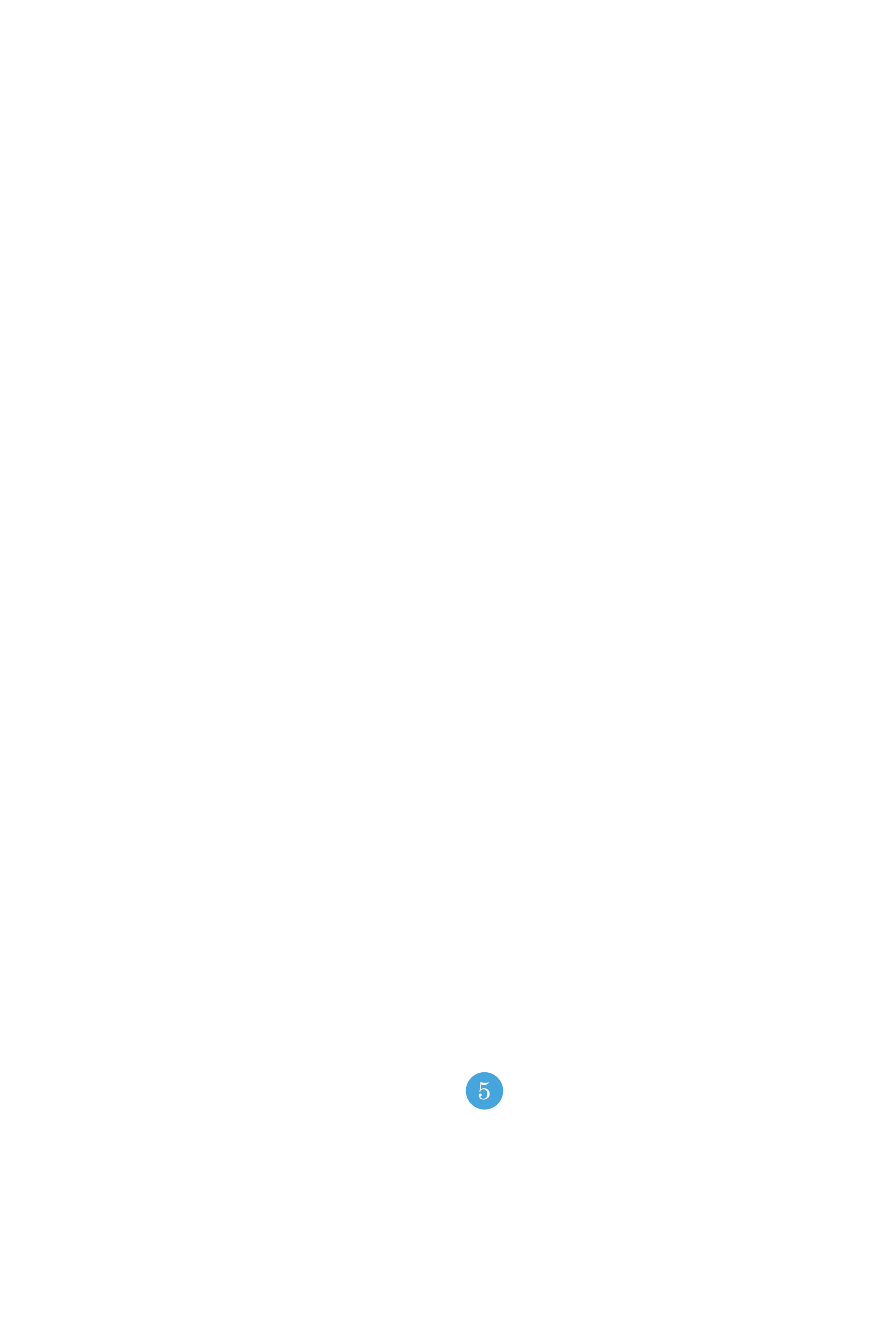
During July, August, or September, pick up some fresh ears of corn from a local farm or grocery store.

Remove the husks and the “silks”

Bring a pot of water to boil.

Place the shucked ears in the water and wait for it to return to boiling.

As soon as the water comes back to a boil, carefully remove the corn from the pot. It is now fully cooked! Season with a pat of butter and some salt and pepper - enjoy!



**Find a farm near you, pick up some produce, and have some fun! Not sure where to go? Visit buyctgrown.com to find local products close to home.**

### RECIPE

### ACTIVITY

Bring it

HOME

**Visit *Put Local On Your Tray* online!**

[**www.putlocalonyourtray.uconn.edu**](http://www.putlocalonyourtray.uconn.edu)

[**www.facebook.com/putlocalonyourtray**](http://www.facebook.com/putlocalonyourtray)