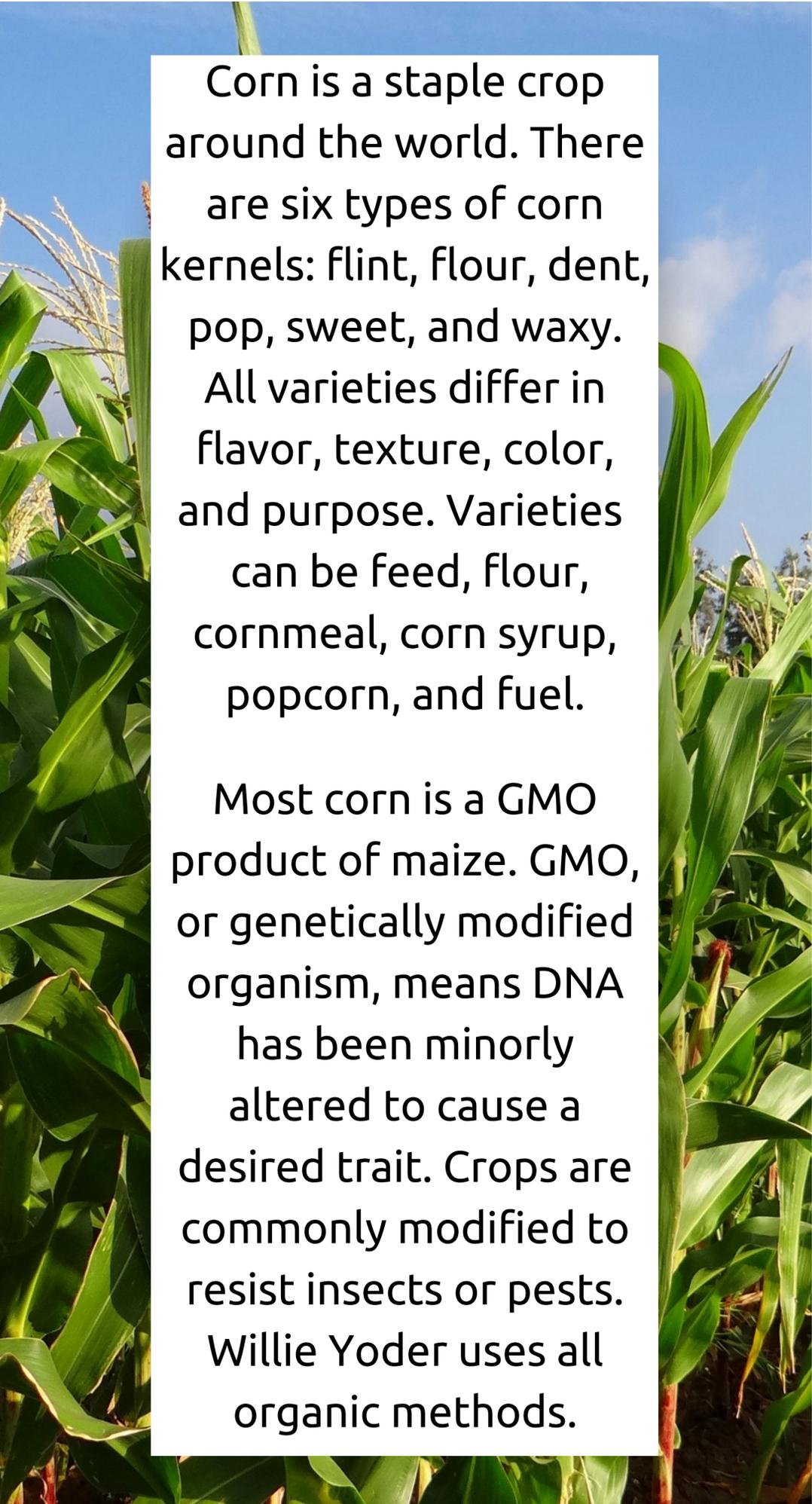


Food for Health: Sweet Corn

Willie Yoder - Clarissa, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Corn is a staple crop around the world. There are six types of corn kernels: flint, flour, dent, pop, sweet, and waxy. All varieties differ in flavor, texture, color, and purpose. Varieties can be feed, flour, cornmeal, corn syrup, popcorn, and fuel.

Most corn is a GMO product of maize. GMO, or genetically modified organism, means DNA has been minorly altered to cause a desired trait. Crops are commonly modified to resist insects or pests. Willie Yoder uses all organic methods.

Despite the fact that we think of corn as a vegetable, it is actually a whole grain and gluten free! It contains potassium, vitamin C, vitamin A, B vitamins, and phytonutrients.

Whole grains include all parts of the kernel: bran, endosperm, and germ. The most nutritious parts of kernel are removed from refined grains.

Enriched refined grains have some vitamins and minerals added back but are still not as nutritious as whole grains.

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“Healthy dietary patterns include whole grains and limit the intake of refined grains. At least half of total grains should be whole grains.”

- Dietary Guidelines for Americans
2020-2025

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Foolproof Corn Fritters

Directions

1. In a bowl, add corn, zucchini, green onions, flour, baking powder, garlic powder, salt, pepper, and eggs until well-combined. Allow to sit for 5 minutes.
2. Over medium heat, coat a large skillet with oil. Once hot, scoop $\frac{1}{4}$ cup batter into the pan. Cook each side for 3-5 minutes until golden brown.
3. Transfer fritters to a paper towel-lined plate. Enjoy with sour cream or salsa.

Selection: Select firm, brightly colored corn with husks on. Don't remove husks until cook time.

To learn more, visit the Sprout website at www.sproutmn.com/recipes.

Ingredients

Fritters:

- 3 cups sweet corn, cut off cob
- 3 green onions, sliced
- 1 cup zucchini, shredded
- 1 cup flour
- 1 tsp baking powder
- 2 eggs, whisked
- Salt and pepper to taste
- $\frac{1}{2}$ tsp garlic powder
- Sunflower oil
- Sour cream or salsa

Sweet corn has a sweet, starchy flavor

Storage: Refrigerate with the husk intact OR cut corn off cob, blanch for 1 minute, and freeze.

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