

Nutrition Services Newsletter

**September
2015**



**Happiness is eating Washington
grown sweet corn on the cob!**

Fresh WA grown sweet corn on the cob was served to all students in your school at lunch. Students helped "husk" the corn. Your Nutrition Services Department partnered with WSU Spokane County Extension Food Sense to make this happen!

- Read the Top 10 Ways to Eat Corn on the back of this page.
- Check out the **Quick and Easy Chili** recipe with whole kernel corn on the back of this page.
- Visit www.growhappykids.org/ For more great recipes!
- Suggested Children Books: Thump, Quack, Moo by Doreen Cronin and Tops & Bottoms by Janet Stevens



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact WSU Spokane County Extension Food \$ense 509-477-2194. This institution is an equal opportunity provider and employer.

Kallstrom Farms Farm Fresh, Local Grown



Kallstrom Farms is located near the town of George, Washington in the central part of our state. They are a 4th generation Washington State farming family. They were dairy farmers until 2007. Their farm now specializes in growing sweet premium corn on the cob.

Central Washington is a good place to grow sweet corn because of its ample water supply and good soils and the best irrigation systems in the world. Kallstrom Farms has a special machine for picking corn called an Oxbo corn harvester. This is a highly specialized machine which picks the ears of corn almost as if they were carefully hand picked.

Farmer Mark was raised on a farm and has farmed his whole life. He is married and has 4 children and grandchildren. A quote from Farmer Mark: We like to say our sweet corn is a "dessert on a cob", and "think outside the husk"! Kallstrom Farms corn is NON-GMO.



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Fun Fact: The average ear of corn has 800 kernels, arranged in 16 rows. There is one piece of silk for each kernel.

Wow 800 pieces



Top Ten Ways to Eat Corn

1. Veer from the Usual Ear. Sprinkle your corn-on-the-cob with a little Parmesan cheese or some of your favorite herbs and spices!

2. Quick Corn for Lunch? Microwave It! Open husk but do not remove leaves. Remove silk and wash the corn kernels. Close leaves around corn and microwave for 1-2 minutes until cooked.

3. A Healthy Saute'. Saute' cooked corn in a small amount of oil with green chilis and onions. Served hot, this make a wonderful side dish.

4. A Taco Salad with Corn. Add corn kernels to your taco salad to take you south of the border!

6. Say Cheese! Cheesy Corn Potatoes are popular with kids!

8. Corn in Cornbread For a little different texture, add corn to your cornbread or corn muffins.

9. Add a Little Crunch to Your Guacamole. Add corn kernels and diced tomatoes to guacamole or salsa

5. Perfect in Dips, Sides, or Toppings! Add corn to salsa, as a side to grilled meat, as a topping on a burger or in a quesadilla!

7. Relish Your Corn. Try This: corn, chopped red onion, red and green peppers, pinto beans and tomatoes!

10. Beef Up Your Soup. Add corn to soup, chili or chowder to enhance its hardness.



Information for this piece was found at <http://www.fruitsandveggiesmorematters.org>

Quick and Easy Chili (with whole kernel corn)

Ingredients:

- 1 Tbsp. vegetable oil
- 1 onion, chopped
- 1 carrot, chopped
- 1/4 cup green pepper, chopped or 1 Tbsp. jalapeno pepper, minced
- 2 cloves garlic, minced or 1/4 tsp garlic powder
- 2-3 Tbsp. chili powder
- 1/2 tsp. cumin
- 2 (14 ounce) cans tomatoes with juice
- 2 (15 ounce) cans red kidney beans, rinsed and drained
- 1 cup whole kernel corn

Optional: 1/4 cup rice

Directions:

1. Heat oil in large pan over medium heat.
2. Add onions, carrots, jalapenos, garlic, chili powder, and cumin. Cook until onions are soft.
3. Add tomatoes, beans, corn, and rice (if using). Cook on high heat until the chili bubbles.
4. Turn heat to low and simmer for about 15 minutes, until rice is cooked.

Food Sense Tip: Serve this chili with cornbread for a healthy, hearty vegetarian meal!



Photo courtesy of www.growhappykids.org