

# VEGETABLE of the MONTH

## Cooking for Kids

### **Cilantro Lime Grilled Corn**

Serves 6, Prep: 20 minutes

*If you have extra butter mixture at the end, stick it in the freezer for your next corny meal!*

#### **Ingredients:**

1 cup packed and chopped fresh cilantro  
1 stick unsalted butter, room temperature  
½ tsp lime zest  
2 tsp lime juice  
Kosher or coarse sea salt  
6 ears corn, husked

#### **Directions:**

1. Chop cilantro, butter, lime zest and juice, and salt in food processor.
2. Heat grill to medium-high. Brush corn with cilantro butter.
3. Lay corn on hot grill, turning occasionally until bright in color and nicely charred, about 10-12 minutes.
4. Brush corn with some of the remaining butter and serve immediately.

## Books

### **Grades K-2**

Gimme Cracked Corn and I Will Share by Kevin O'Malley

### **Grades 1-5**

Corn by Gail Gibbons

# The Incredible Edible Corn



## Just the Facts

→ Corn is a great source of niacin, pantothenic acid, and folic acid

→ Comes in yellow, black, purple, green, red, white, and blue colors

→ Every ear of corn has an even number of rows.

→ Corn plants typically grow between 7-10 feet tall

→ Each ear has an average of 800 kernels

→ Corn is the biggest crop grown in the U.S., and Iowa and Illinois produce 1/3<sup>rd</sup> of all the corn in the U.S.

## Did You Know?

This month on the school menu you can enjoy CORN in:

- Cooked Corn
- Black bean and corn salsa
- Corn chips in nachos



For more information, see:

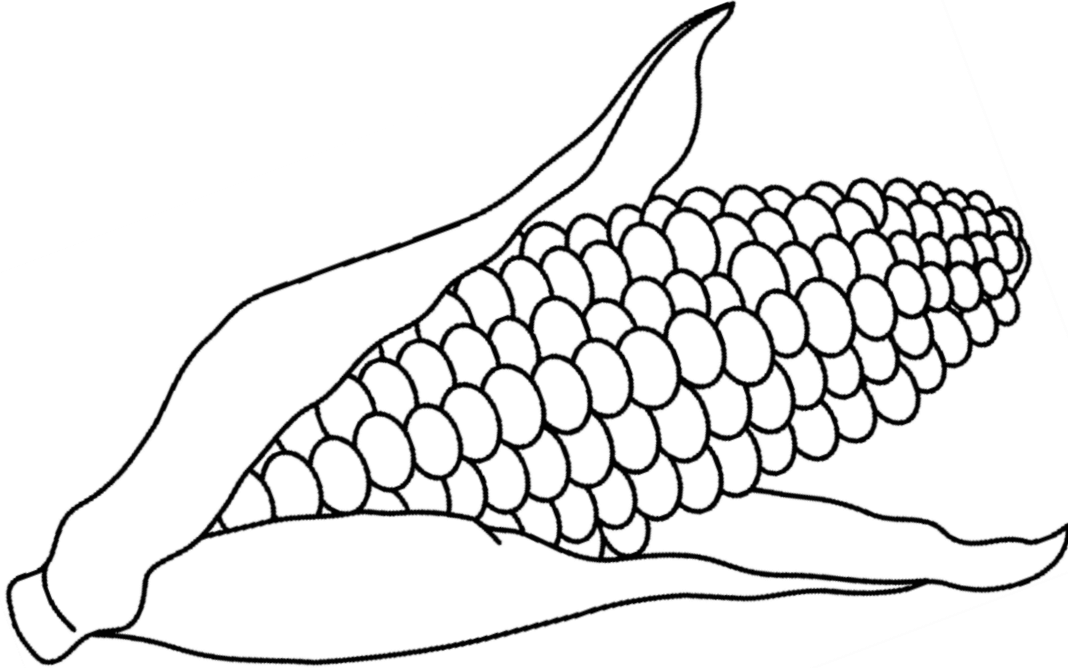
- <http://ffanewhorizons.org/farm-facts-corn/>
- <http://swampyacresfarm.com/RandomCornFacts.html>



Created by: The EPS Food & Nutrition Department

# Activity: Corn

## COLOR ME



C	B	O	E	T	Y	R	A	M	T
P	I	K	B	N	A	L	C	D	O
F	A	S	K	O	T	S	R	H	O
A	M	U	T	O	O	I	S	G	R
Z	O	H	C	A	L	L	D	E	V
L	U	X	E	R	F	K	N	I	L
E	D	K	L	U	N	I	E	J	R
A	N	E	S	Q	Y	C	O	B	W
R	A	H	C	A	G	W	F	P	D
F	B	O	M	L	E	N	R	E	K

## Word Search!

We eat almost 25 pounds of corn per person each year in the U.S. Find the different parts of the corn plant in the puzzle to the left.

*Hint: Words go forward, backward, and diagonal!*

Word Bank:

**COB**

**EAR**

**HUSK**

**KERNEL**

**TASSEL**

**LEAF**

**ROOT**

**STALK**

**SILK**