



A Kernel of Corn

Not only is corn a grain, a vegetable and a fruit all in one, it's a high source of fiber, a good source of B vitamins, zinc, magnesium, copper, iron and manganese. Corn can be boiled, broiled, barbequed, baked and roasted. It's delicious in salads, soups or all on it's own.

Boiled Corn: Remove husk and silk from corn, immerse in a large pot of boiling salted water. Bring to a boil again, cook for 5 minutes. Cooking longer will make the corn tough and lose some of the sweetness. Remove from water and serve.



Barbequed Corn: Open corn husk enough to remove some of the silk, close the husk back around the corn and soak whole cob in cold water for at least 10 minutes. Remove from water, shake off excess water and place on heated barbeque grill. Cook for 10 to 15 minutes, with the lid down, turning every 5 minutes. Remove from grill and shuck the husk before serving (caution, very hot).



Not just for eating: Cobs of corn can make for an interesting painting experience. Simply apply paint to cob and roll across the paper for a textured pattern. Some magical colour mixing may happen as well.



Sensory experience: Dried corn kernels can be used for a sensory bin in your home. Great for scooping, filling, dumping and pouring and easier than sand to clean up.