



Gleaning Sweet Corn



farmers Against Hunger



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Large Ear of Corn, **Protein:** 4.6 g, **Fat:** 1.69 g, **Carbohydrates:** 27.20 g, **Fiber:** 3.9 g, **Sugar:** 4.6 g, **Calcium:** 3 mg, **Magnesium:** 53 mg, **Potassium:** 386 mg, **Vitamin C:** 9.7 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Fresh Corn Salsa*

Season: *Summer*

Ingredients: 2 ½ Cups of fresh corn kernels, 1 jalapeno, seeded and finely chopped, ½ Cup chopped red onion, ½ Cup chopped cilantro, juice of half a lime, kosher salt and freshly ground black pepper to taste.

Instructions: Combine all ingredients in a large bowl. Refrigerate until served. Enjoy!

Fun Facts:

- ★ Corn was first grown by Native Americans more than 7,000 years ago in Central America.
- ★ The tassel borne at the top of the stalk is the male part and the silk of the ear is the female part.
- ★ There is one strand of silk for each kernel on the cob and on average there are 800 kernels on an ear of corn.
- ★ An ear of corn always has an even number of rows.
- ★ Once acre of land can produce 14,000 pounds of sweet corn.

Source: SweetCornFest.com

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,
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