

Agriculture Adventures for Families

Are you all ears to learn about sweet corn?



Although most people think of summer and barbecues when they think of sweet corn, corn on the cob can be a tasty and nutritious addition to meals year-round. Sweet corn is a good source of Vitamin C and Vitamin A, thiamine, fiber and antioxidants. One ear of boiled sweet corn on the cob contains 113 calories containing over 10% of the Daily Value (DV) of Vitamin C, over 6% DV of Vitamin A and 10% DV of fiber. As of 2010, Americans were consuming an average of 26 pounds of sweet corn per person.



Sweet Corn Recipe

Ingredients:

- 6 ears of sweet corn
- 6 cups of water
- 8 tablespoons or 1 stick of salted butter
- 2 cups of milk
- ¼ cup of white granulated sugar

Directions:

- Shuck and the ears of corn, cutting them in half if desired.
- Rinse off ears of corn with water.
- Add water, milk, butter, sugar, and corn cobs into a large pot.
- Boil for at least 30 minutes, rotating the corn and mixing the pot every few minutes.
- Drain the liquid and remove the corn from the pot.



Enjoy the sweetest sweet corn you’ve ever had, no extra butter needed. Add black pepper or garlic powder for extra flavor.



Did you know??



August 1 is Sweet Corn Appreciation Day in Illinois.

- In 2022, Illinois House Bill 4766 designated August 1 of each year as Sweet Corn Appreciation Day.
- Sweet Corn Day celebrates the importance of sweet corn to Illinois agriculture and recognizes family farmers.



About 1% of all corn grown in Illinois is sweet corn.

- Illinois is number two in the U.S. in corn production; Iowa is number one.
- 99% of corn grown in Illinois is field corn.
- Field corn is primarily used for livestock feed, ethanol production, manufactured goods and occasionally corn starch and oil.

Other facts

- Corn is grown on every continent except Antarctica.
- There is one strand of silk for each kernel on a cob.
- On average there are about 800 kernels on an ear of corn.
- An ear of corn always has even number rows.
- The average yield per 100 feet of row is about eight dozen ears of corn, or about 17,000 plants per acre.
- Sweet corn comes in three colors: yellow, white, and bicolor.



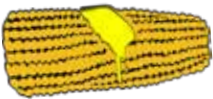
Source: www.ilcorn.org and www.fsi.colostate.edu/sweetcorn.

Q: What’s the best food to talk to?
A: Corn. They’re all ears.



Corny Jokes

Q: What do you call a single kernel on a corn cob?
A: A unicorn.



August Word Search

Boil
Cob
Corn
Ear
Family
Farm
Field
Illinois

Kernel
Plant
Row
Shuck
Silk
Summer
Sweet
Tasty

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

Choose your prize:

Choices include a \$25 Beggar’s Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR *3 AMC Movie Tickets *AMC Yellow tickets not valid in California, New York & New Jersey .

Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.

Mail to: Cook Co. Farm Bureau
Ag Adventures Word Search

6438 Joliet Rd
Countryside, IL 60525
Fax to: 708-579-6056

Email to: FBcooperator@gmail.com

Complete and submit an entry every month all in 2022 and your name is automatically entered into an “End of Year” drawing for a gift basket full of ag themed goodies.

Good luck!

Last Month’s Word Search Winner Is..

Scott Henderson

Name: _____
Phone #: _____
Membership #: _____
(Membership # is located on front of paper)

If you were to win, check your preference:
___Beggar’s Pizza GC ___HRI GC ___3 Movie Tix
(If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.