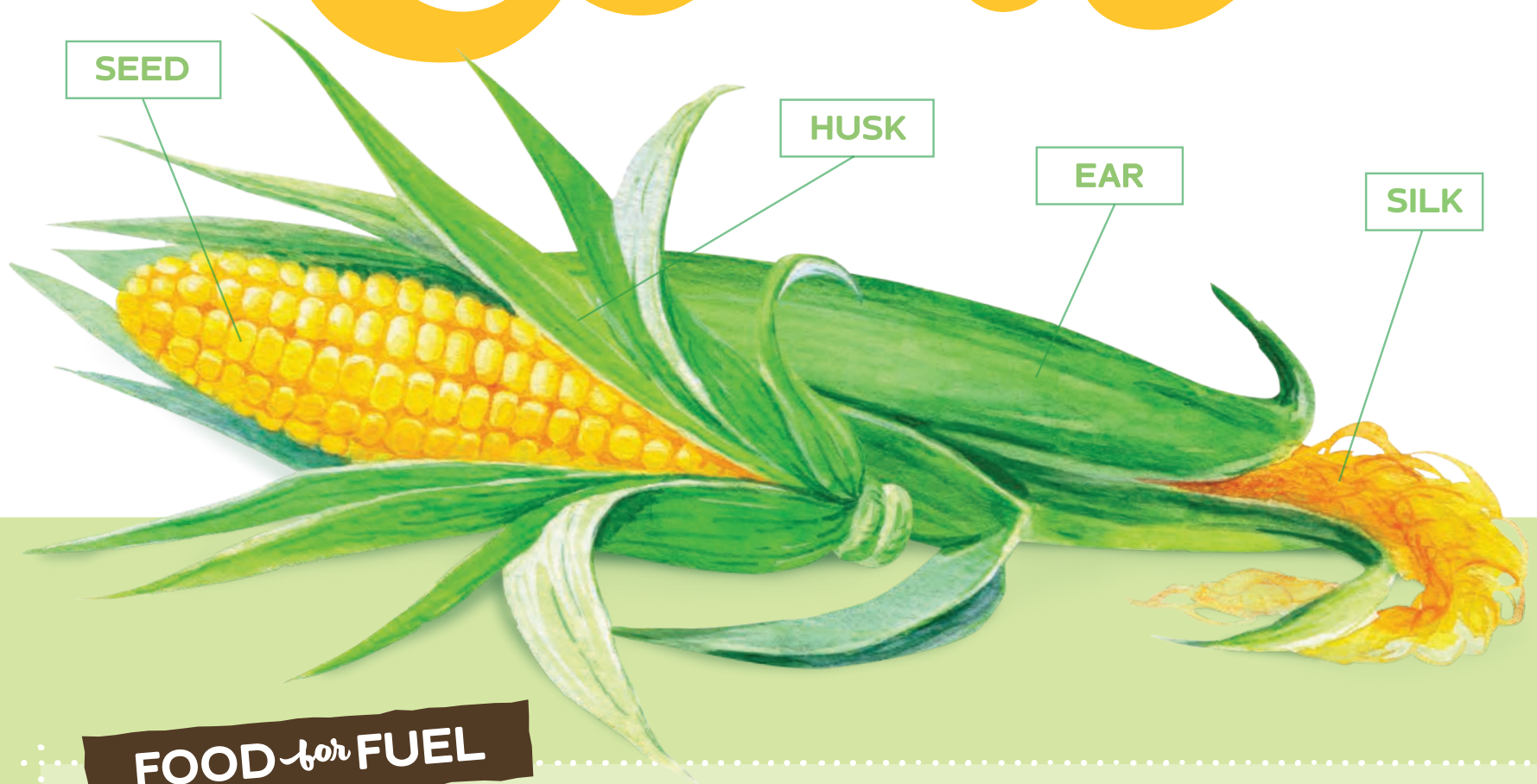


- FARM FRESH -

Corn



FOOD for FUEL

SWEET CORN IS CONSIDERED A VEGETABLE, AND THERE ARE UNIQUE HEALTH BENEFITS FROM INCLUDING SWEET CORN IN YOUR DIET:

Healthy EYES

Yellow corn contains lutein and zeaxanthin, two antioxidants that are important to eye health. Lutein is known for lowering the risk of macular degeneration and cataracts.

Happy GUT

The fiber in corn has been shown to promote the growth of friendly bacteria in the large intestine. One cup of fresh sweet corn contains about 3 grams of fiber.

Strong HEART

Corn is a great source of potassium, a nutrient that helps regulate the circulatory system, maintaining adequate blood flow and a strong heartbeat.



"Students are an important part of our campus farm. They serve in management positions where they oversee harvest, fertilizer applications, and irrigation schedules. Students are paid for their work, and they're also gaining experience for careers in agriculture."

– Mark Salwasser, Farm Manager, Fresno State University

Did you know?

The silk of sweet corn is actually the stigma (the female part). In successful pollination, one kernel of corn will develop for each silk.

According to the Guinness Book of World Records, the tallest sweet corn plant on record measured 48 feet, 2 inches and was grown by Jason Karl, from New York, in 2021. That's more than four stories tall!



Why should you never tell a secret in a corn field?



Because it's all ears!

© 2022 California Foundation for Agriculture in the Classroom



Scan the code with your smartphone to find out more about sweet corn.