



# IDEA Child Nutrition Program NOVEMBER 2022 Harvest of the Month

## CORN

### VARIETIES

#### Blue Hopi



This corn has a sweet flavor that is delicious when harvested, or it can be dried and ground to make flour for tortillas!

#### Picasso Hybrid



This beautiful corn variety has deep purple stalks with white and yellow kernels. It is delicious roasted, baked or boiled!

#### Ruby Queen



This red corn variety is delicious with sweet, tender kernels. It's best steamed to get the most flavor! Also makes excellent decorations.

### CORN Fast Facts

In the United States, Iowa is the #1 producer of corn with over 86,900 farms!

These farms harvest 13.1 million acres of corn in 2019!

Corn comes in a variety of colors! Blacking, Bluish- Grey, Purple, Green, Red, White and Yellow!



1% of the corn planted is the Sweet Corn that we eat! The other 99% is used to feed livestock or used for manufactured goods.

The average ear of corn has about 800 kernels in 16 rows! There is also one corn silk strand for every kernel that grows in an ear of corn!

### IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2022-2023 school year.



IDEA Elsa  
IDEA Edgemere  
IDEA Donna  
IDEA Bridge

IDEA Rundberg  
IDEA San Benito  
IDEA Monterrey Park  
IDEA Burke

IDEA Eastside  
IDEA Quest  
IDEA Horizon Vista  
IDEA Achieve



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# IDEA Child Nutrition Program NOVEMBER 2022 Harvest of the Month Recipe

## STREET CORN



### INGREDIENTS

Number of servings: 8  
Serving size: 1/2 cup

- 1.5 lbs. of Corn Kernels
- 2 Tbsp. of Olive Oil
- 1/3 cup of chopped cilantro
- 1/4 cup of Parmesan Cheese
- 1 Tbsp. of Tajin, Low Sodium
- 1 cup of Light Sour Cream
- 2 Fresh Limes, cut into 8 wedges

### STEPS

1. Preheat oven to 400 F
2. Toss the 4 cups of corn kernels in bowl with olive oil.
3. Place on foil lined baking sheet.
4. Roast in oven for approximately 20 minutes or until they are browned to your liking.
5. Remove from oven. Let cool.
6. In a large bowl, add in the cooled, roasted corn kernels.
7. Add in sour cream, Cilantro, Tajin and Parmesan Cheese.
8. Gently stir to combine.
9. Serve and garnish with fresh lime wedge, cilantro, sprinkle of tajin and sprinkle of parmesan cheese.
10. Enjoy!!

### Cooking Tip

Instead of roasting your corn, you can buy roasted corn from the grocery store. Or if you're short on time, this recipe is just as delicious with unroasted corn!



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## COLORING ACTIVITY



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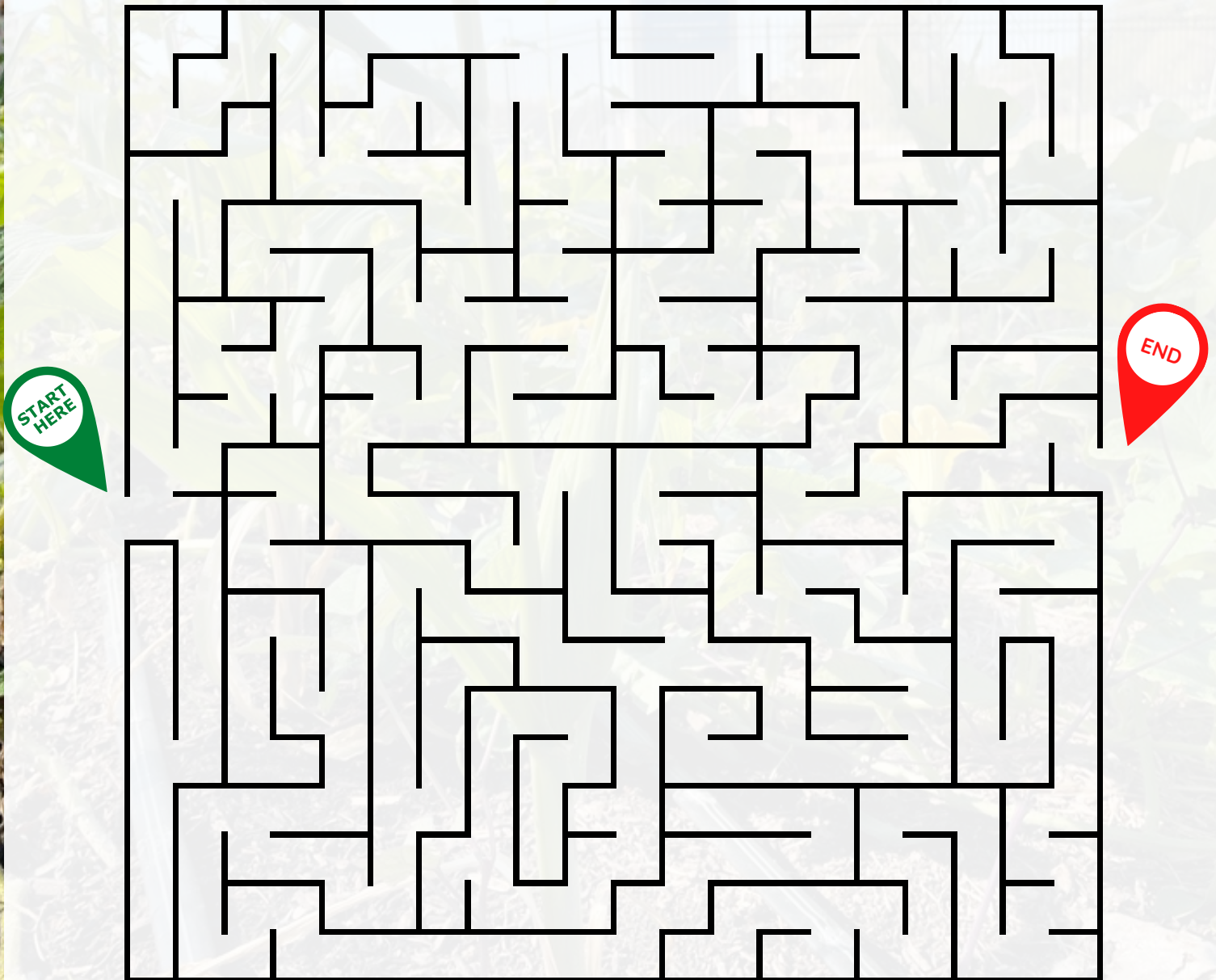


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## MAZE

### Directions:

Find your way to the CORN in the center of the Maze!



Esta institución es un Proveedor de Igualdad de Oportunidades.





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## WORD SCRAMBLE

Directions:  
Unscramble the CORN Related Words!

### Scrambled Word

### Unscrambled Word

1. NRCO
2. AHCVIEE
3. LFAL
4. VERSTHA
5. MEERVBON
6. KTASL
7. NREELK
8. NSUHINGSE
9. SDRETOA
10. ROCNPON
11. LWELOYL
12. AIZM

#### ANSWER KEY

- |             |             |
|-------------|-------------|
| 12. MAIZ    | 6. STALK    |
| 11. YELLOW  | 5. NOVEMBER |
| 10. POPCORN | 4. HARVEST  |
| 9. ROASTED  | 3. FALL     |
| 8. SUNSHINE | 2. ACHIEVE  |
| 7. KERNEL   | 1. CORN     |



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# IDEA Child Nutrition Program NOVEMBER 2022 Harvest of the Month

## Word Search

### Directions:

- Find the CORN related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

CORN  
ACHIEVE  
FALL  
HARVEST

NOVEMBER  
CORN STALK  
CORN KERNEL  
SUNSHINE

ROASTED  
POPCORN  
YELLOW  
HUSK

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



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