



Try the NOVEMBER Harvest of the Month! **CORN**



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IDEA Child Nutrition Program NOVEMBER 2023 Harvest of the Month Recipe

Corn and Red Bell Pepper Salad



INGREDIENTS

- 3 pounds of corn kernels
- 1 bunch of cilantro
- 3 red bell peppers
- Lime Dressing

Lime Dressing:

- 1/2 cup olive oil
- 1 cup lime juice
- 1/2 tsp. black pepper
- 1/4 tsp. onion powder
- 1/2 tsp. minced garlic
- 1 tsp. salt

STEPS

1. in a small bowl, mix the dressing ingredients together. Set aside.
2. Wash bell peppers. Remove the core and seeds. Diced into small pieces.
3. Wash cilantro and remove stems. Finely chop.
4. Assemble the salad by placing corn, bell peppers, cilantro and lime dressing in a large bowl.
5. Gently stir until everything is combined.
6. Place in refrigerator for 5-10 minutes.
7. Enjoy!

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Corn

VARIETIES

Sweet Corn



Sweet yellow corn is one of the most popular vegetables! It's delicious steamed, boiled, in salads or baked goods.



Popcorn



One of the oldest types of corn! Popcorn makes an excellent snack that is high in fiber! Just keep the fat, salt and sugar content low.



Blue Corn



Blue corn has a slightly nutty and sweet flavor. It's easier to digest than yellow corn, has more protein and a lower glycemic index.

Corn FAST FACTS

Corn is delicious and good for the environment!
One acre of corn can remove up to 8 tons of carbon dioxide.

Corn was grown for the first time in Mexico over 9,000 years ago and cultivated by hand. Nowadays, corn is cultivated with machines.



There are more than 25 types of corn that can be popped. The kernels must reach a temperature of 400F to pop!

The U.S produces more corn than any other country in the world. Iowa produces so much corn that it's called the corn state.

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 2023-2024 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

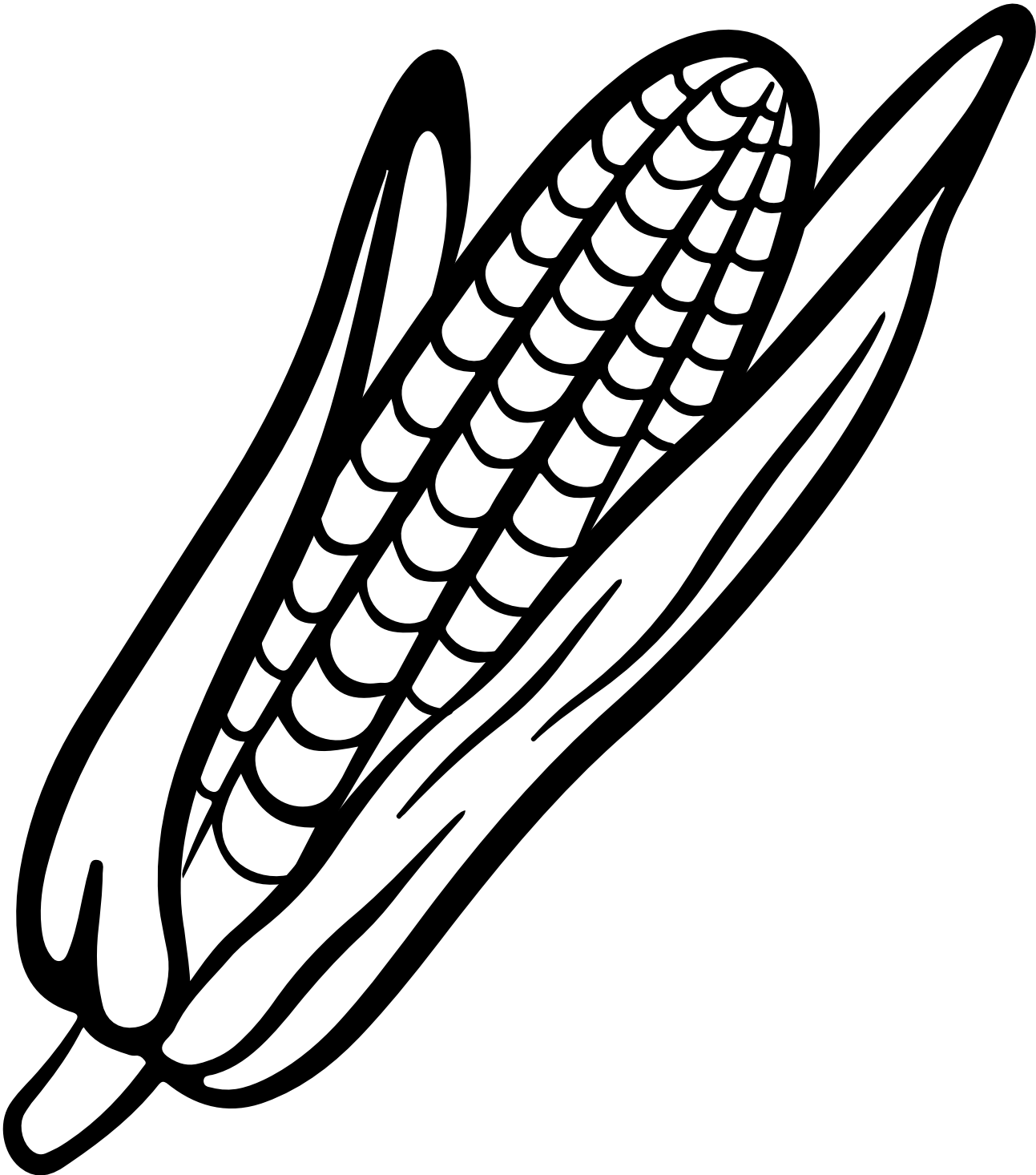
IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

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Coloring Activity

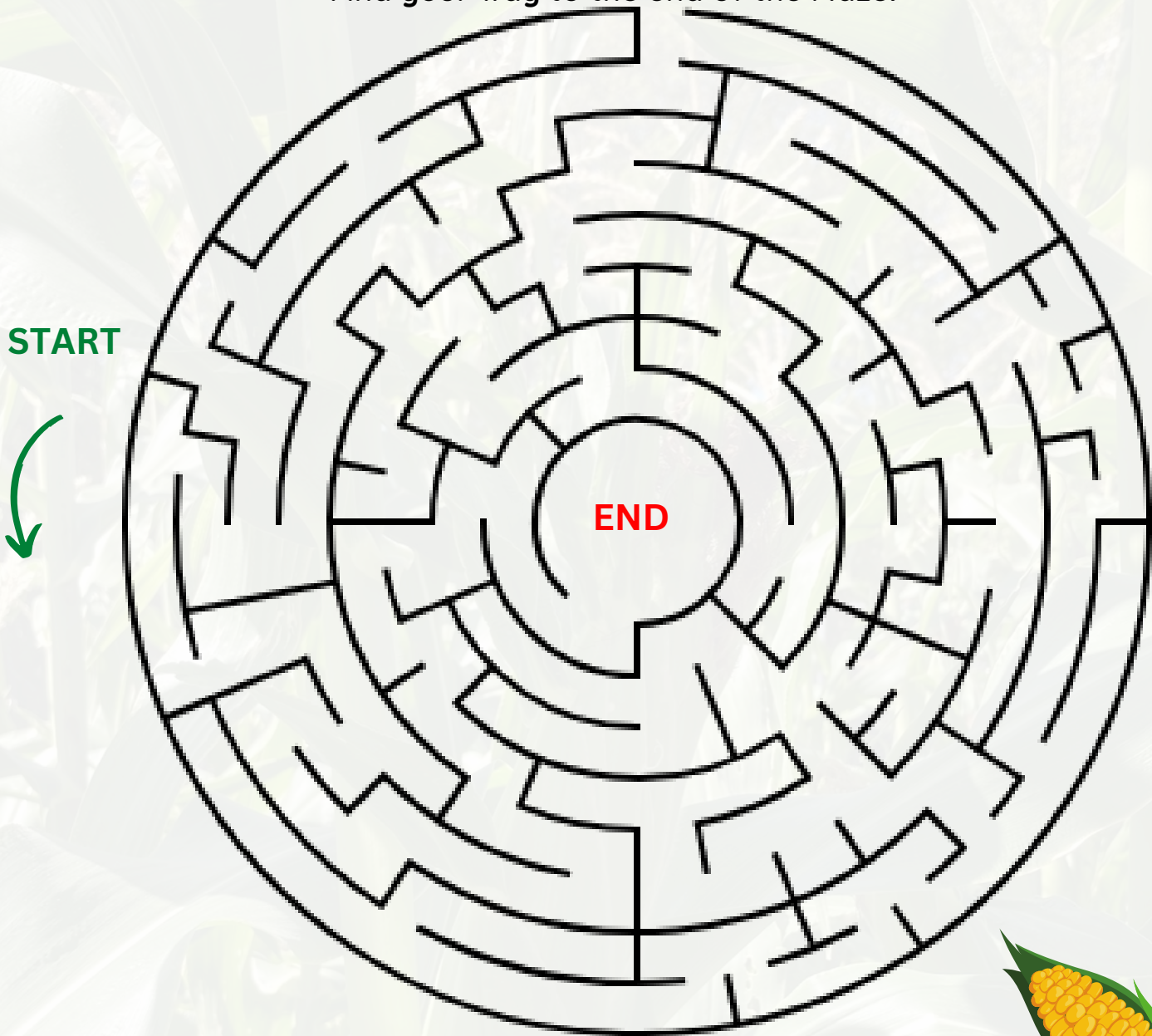




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Maze

Directions:
Find your way to the end of the Maze!



Esta institución es un Proveedor de Igualdad de Oportunidades.



IDEA Child Nutrition Program NOVEMBER 2023 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
HARVEST
DONNA
FARM

NOVEMBER
SWEET
YELLOW
WHITE

EAR
STALK
FALL
VARIETY

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

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Word Scramble

Directions:
Unscramble the Corn Related Words!

Scrambled Word

Unscrambled Word

1. RCON
2. ARESVHT
3. DNONA
4. AMRF
5. MEOEVBRN
6. WSEET
7. LYWLOE
8. WHITEI
9. ARE
10. SLAKT
11. LAFL
12. EARYVTI

ANSWER KEY

1. CORN
2. HARVEST
3. DONNA
4. FARM
5. NOVEMBER
6. SWEET
7. YELLOW
8. WHITE
9. EAR
10. STALK
11. FALL
12. VARIETY

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