

SEPTEMBER IS CORN MONTH!

Sweet corn is a staple of summertime food – it's often part of a BBQ or picnic.

Corn is a vegetable, fruit and a grain. Corn is a starchy vegetable similar to potatoes, but its kernels are considered grains and can be milled into flour. But corn is also a fruit because it comes from the seed or flower of the plant similar to tomatoes. And like many fruits, due to its sugar content, corn can be turned into a syrup.

Corn has many health benefits. It consists primarily of insoluble fiber, which makes it a low-glycemic index food. This means it is a food that is digested slowly and doesn't cause an unhealthy spike in blood sugar. It also contains many B vitamins, as well as essential minerals, including zinc, magnesium, copper, iron and manganese.

One plain ear of corn has about 100 calories, similar to an apple. With nearly 3 grams of fiber per serving, corn can help you feel full longer.

Corn can be roasted, boiled, broiled, steamed, grilled or microwaved. You can add it to stews, casseroles, salads or salsa. Try adding corn kernels to cornbread batter for enhanced texture and flavor. Fresh corn on the cob is best if cooked as soon as possible after picking. If you are hoping to preserve corn for the winter, you can parboil the ears of corn, cut the kernels off the cob, and freeze them in freezer-safe bags or containers to be used throughout the winter.

Corn can be produced in various colours including blackish, bluish-gray, purple, green, red and white and the most common yellow.



Did you know that corncobs always have an even number of rows? On average an ear of corn has 16 rows and 800 kernels!

Roast it!

Remove the husks, cut into 4, sprinkle with sea salt, drizzle with olive oil, wrap in tin foil and bake until tender.

Slather it!

Chop up your favourite herbs and stir into butter, then slather corn with your fresh herb butter.

Top it!

Add cooked corn to your favourite salsa for a southwest flavour.

Sprinkle it!

Sprinkle your corn-on-the-cob with a little parmesan cheese.

10 MINUTE CORN CHOWDER

(RECIPE FROM FRAICHE LIVING)

Ingredients

- 3 slices bacon, finely diced (optional)
- $\frac{1}{2}$ small yellow onion, finely diced, about $\frac{1}{2}$ cup
- 2 stalks celery, finely diced
- 1 14 oz can creamed corn
- 1 cup milk (2% or greater)
- $\frac{1}{2}$ cup frozen corn
- Salt & pepper to taste.

Directions

- In a heavy large saucepan over medium-low heat, cook the bacon until the fat is mostly rendered and the bacon is fully cooked. Remove the bacon and place on a plate lined with paper towel.
- In the same saucepan, cook the onion and celery until fragrant and transparent, about 4-5 minutes, stirring. Add the bacon, creamed corn, milk and frozen corn and bring to a simmer.
- Season with salt and pepper and serve.!

CHERRY TOMATO, CORN AND GOAT CHEESE PIZZA

Ingredients

- 1 ball pizza dough, store bought or homemade (about 1 lb)
- 2-3 Tbsp tomato sauce, store bought or homemade
- $\frac{1}{4}$ cup shredded mozzarella cheese
- 2 ears sweet yellow corn, shucked and kernels cut off the cob
- 1 cup cherry or grape tomatoes, halved
- 1 4-oz package goat cheese
- Freshly chopped basil, for garnish
- Kosher salt and red pepper flakes

Directions

- Preheat pizza stone on the grates of the grill.
- Roll out the dough on a piece of parchment paper
- Add a very thin layer of tomato sauce
- Season with salt & red pepper flakes
- Sprinkle a small amount of mozzarella on top.
- Add corn and tomatoes
- Slide the pizza onto the pizza stone and cover
- After 2 minutes, lift the cover and add gumball sized pieces of goat cheese all over the pizza
- If parchment still on the pizza bottom, remove now to prevent burning
- Cover and finish cooking, about 4-6 minutes
- Allow to cool before garnishing with basil.
- Slice & serve.