



Know What You Grow!



Corn

Scientific Name: *Zea mays*

Sweet corn is an annual crop with yellow, white, or bi-colored ears, whose humble beginning began as a grass.

Recommended Varieties:

Sweet Corn, Yellow, White, or Bi-color

Common Pest(s):

Integrated pest management (IPM) information is continually being developed for weed, insect, and disease problems in California sweet corn.

[Corn Ucanr.edu](http://Corn.Ucanr.edu)

Photos: Creative Commons

Master Gardener Handbook

Growing Information

Warm Season Plant

Temperatures for optimal germination of sweet corn seed are 65°F. Optimal temperatures for growth are 60° to 75°F

Ideal Planting Window

Inland Valley – March-July; Aug

Desert - Feb-March

Growing Guidance

Corn is wind pollinated; block plantings are recommended for better pollination. Three to four short rows are pollinated more successfully than one or two long rows. Do not mix varieties that could cross pollinate.

Harvest when husks are still green, silks are dry brown and kernels are full sized and to the tip of the ear.

Further information: [ANR Catalog](#)



Interesting Facts

Some 9,000 years ago, corn or maize as it is known today did not exist. Ancient peoples in southwestern Mexico encountered a wild grass called teosinte that offered ears smaller than a pinky finger with just a handful of stony kernels. But by stroke of genius or necessity, these Indigenous cultivators saw potential in the grain, adding it to their diets and putting it on a path to become a domesticated crop that now feeds billions.

Maize (Corn) has become a staple food in many parts of the world, with the total production of maize surpassing that of wheat or rice.

Sweet corn is one of the six major types of corn, the others being [dent corn](#), [flint corn](#), [pod corn](#), [popcorn](#), and [flour corn](#).^[2]

[Wikipedia.org](https://en.wikipedia.org/wiki/Maize)

[Wide Open Eats](https://www.wideopeneats.com/corn/)

[Phys.Org](https://www.phys.org/topic/corn)

Contact Information



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Nutritional Information

Nutritional Value

1 cup of corn is 125 calories, 27 grams of carbohydrates, 3g fiber, 9g sugar, 5g protein, 22mg sodium, 2g fat. Corn is high in potassium, iron, zinc, magnesium, phosphorus, and selenium.³ It also provides folate, vitamins C and E, along with vitamin A in the form of beta carotene.

Recipe:



Ingredients and Preparation:

Cheesy Pizza Corn Wheels

Cut corn into wheels: using a long-serrated knife, trim 1/4-inch off of each end of the corn cobs and cut into 5 to 6 rounds. Steam corn in a pot with water and sprinkle salt over the top. Cover and bring water up to a boil. Lower heat to a simmer until the corn is tender, 4 to 5 minutes. Drain corn and place in a large bowl.

1 Tbsp olive oil

1 Tbsp grated Parmesan cheese

¼ Tsp garlic powder

¼ Tsp dried oregano or Italian seasoning

Drizzle oil or melted butter over the corn and toss to coat. Choose your dried seasonings, mix in a small bowl then sprinkle half of the mixture over the corn, toss, then see if you want to add anymore of the seasoning. Enjoy warm!

Click on the below link for more recipes.

[Happy Kids Kitchen](https://www.happykidskitchen.com/)