

Florida Agriculture Facts

Florida growers produce sweet and field corn throughout many areas of the state. Sweet corn is grown mostly for fresh market and contributes greater than \$100 million annually to the state's economy. Most of the sweet corn production is in south Florida. Sweet corn is grown in south Florida September through May. Production proceeds into central and northern areas with the increased temperatures of spring and summer. Sweet corn varieties in Florida mature in roughly 75 to 90 days.



Field corn production occurs mostly in central and north Florida. Field corn is used mostly for silage and grain. Corn for grain and silage is grown during spring and summer and matures in an average of 120 days.

Corn products have many applications such as corn starch being used in the manufacturing of many cosmetics. Corn starch can also be applied topically to soothe skin rashes and



What is Extension?

Extension is a partnership between state, federal, and county governments to provide scientific knowledge and expertise to the public. The University of Florida (UF), together with Florida A & M University (FAMU), administers the Florida Cooperative Extension Service.

Our Mission

The University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state, and county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences and to making that knowledge accessible to sustain and enhance the quality of human life.

The Foundation for The Gator Nation



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University of Florida/Volusia County Extension

Florida's Amaizin' Grain ...CORN



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Florida Agriculture in the Classroom, Inc.
Agriculture Keeps Florida Green

Corn ... Amaizin' Grain!

Corn or maize is one of the most popular grains in the world. It forms a part of the staple diet for many populations. Corn provides necessary calories for daily metabolism and its fiber plays a role in preventing digestive ailments.



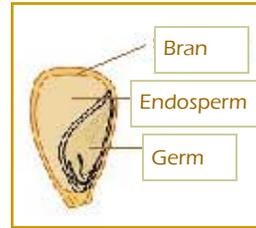
Corn is delicious and good for you too:

- ◇ Great source of fiber which aids digestive health and helps stabilize blood sugar levels
- ◇ Low in fat and very low in sodium
- ◇ Rich in B vitamins, vitamin C and E. This combination of antioxidant vitamins provides heart protection and can fight cancer causing free radicals
- ◇ One cup of corn provides only 132 calories. The balance of 5 grams of protein and over 4 grams of fiber along with carbohydrates make corn a satisfying and healthy energy source
- ◇ Abundant source of minerals. Phosphorus essential for normal growth, bone health, and kidney function; magnesium crucial for maintaining normal heart rate and bone strength

A meal rich in corn can go a long way in protecting against many diseases.

Choose whole grain.

Cereal with the first ingredient listed as "corn flour" means the vitamins and minerals have been removed from the germ. The outer bran which provides fiber is also stripped before processing.



Popcorn, without added butter and salt, is a tasty snack choice, providing fiber, minerals and vitamins, and low calories.

Roasted Corn Relish

- * **3 ears Florida sweet corn, shucked and silk removed or 2½ cups whole kernel corn**
- * **½ cup Florida grape tomatoes, cut in half**
- * **½ cup chopped cilantro**
- * **¼ cup chopped red onion**
- * **1 teaspoon ground cumin**
- * **Grated peel and juice from one Florida lime**
- * **Salt and pepper to taste**

Roast corn at 350° until kernel begin to brown. Cut off the cob and place in a bowl. (If using frozen or canned corn, roast in frying pan with small amount of olive oil until kernels begin to brown). Add remaining ingredients and mix well. Serve as a garnish or side dish. 4 servings.

Nutritional Information per serving:
Calories 61, Total Fat 0.8g, Fiber 2.4 g,
Protein 2.2g, Sodium 11 mg

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Firecracker Salad

- * **2 tablespoons fresh lime juice**
- * **1 small jalapeño, seeded and coarsely chopped**
- * **1½ teaspoon Florida honey**
- * **¼ teaspoon cumin**
- * **¼ cup vegetable oil**
- * **Coarse salt & freshly ground pepper to taste**
- * **4 cups fresh Florida corn kernels (from 4 ears)**
- * **6 medium Florida radishes, halved and thinly sliced crosswise**
- * **½ cup coarsely chopped Florida flat-leaf parsley**
- * **¼ small red onion, thinly sliced**

To make the dressing, purée the lime juice, jalapeño, honey and cumin in a blender. With the machine on, add the oil. Season with salt and pepper to taste; set aside. In a large bowl, toss the corn with the radishes, parsley, red onion and dressing. Season the salad with salt and pepper, serve.

Nutritional Information per serving: Calories 231; Total Fat 14g; Cholesterol 0mg; Sodium 126mg; Total Carbohydrates 28g; Protein 4g. High in Vitamin C.

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