

PLPA-HG014-06

Sweet Corn (*Zea mays var. saccharata*)



Origin

Maize, known as corn in English speaking countries, was grown by the Olmec and Mayans in Mesoamerica. People usually eat sweet corn, while field corn is fed to animals. The sweet corn has yellow and white kernels.

Production

Maize does not like cold temperatures. It is usually planted in spring. It has a shallow root system and depends on soil moisture. Maize does not do well in areas of drought. Sweet corn is harvested in fall.

Nutritional Qualities

Corn is a great source of starch, fiber, vitamin C and magnesium.

Famous Dishes

Corn chowder, corn bread, steamed corn on the cob, grilled corn on the cob, corn tortillas, creamed corn, and succotash.