

# Corn Off the Cob

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Corn also known as maize is a member of the grass family. It was first grown as a domestic crop by the Indians of Mexico about 4000- 6000 years ago. It is grown around the world and is one of the globe's most widely used food staples. It is the only grain that is also commonly eaten as a vegetable.



## Storage Hints for Corn

Suggested amounts (per person): 10 lbs or 2-#10 cans. Grain: cornmeal or popcorn.

As a Vegetable: Dehydrated, Freeze-dried, or canned corn.

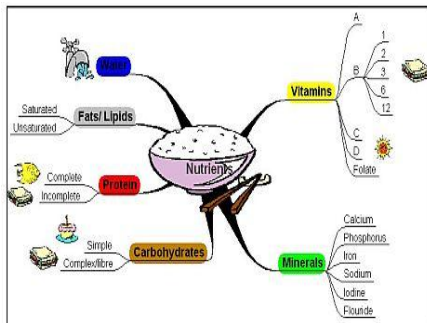
Do not store cornmeal in unlined #10 cans (like from Bishop's Storehouse).

## Corn Facts

1 c. dry corn or popcorn = 1 ½ c. cornmeal  
40 % of world's corn grown in US  
More than 3000 different uses for corn  
Ear of Corn (16 rows, 800 kernels) = ¾ cup  
Most animal feed made from corn  
Environmentally friendly in products

Corn combined w/ beans makes a complete protein  
In US: 2x more corn produced than any other grain  
One acre= 100 bushels, 7,280,000 kernels  
25% of US corn exported  
50 % of US Corn grown in IA, IL, NE. and MN.

## Nutrients



Sweet Corn, can: 1 c. corn = Calories 164, Fiber 4g, Carbs 38g, Protein 5g, Fat 1.5g, Vit. C 11%

Cornmeal (degermed): 1 c. = Calories 500, Fiber 16g, Carbs 90g, Protein 4g, Fat 2g

Corn Flour: 1 c. = Cal 442, Fib. 9 g, Carb 94g, Pro 10g, Fat 5, iron 28%

Masa (enriched): 1 c. = Calories 416, Fiber 11 g, Carbs 87g, Protein 11 g, Fat 4 g, Iron 55 % enr

Popcorn: 1 c. = 700 Calories , Fiber 15, Carbs 156g, Fat 4g, Protein 12g

## What you get from One Bushel of Corn=56 lbs

Corn Oil (1.6 lb): cooking oil, margarine, mayo, salad dressing, shortening, ink, soap

Protein (13.5 lbs): livestock and poultry feed, pet food

Gluten (2.6 lbs): amino acids, fur cleaner, poultry feed



## Plus one of the following:

Ethanol/Alcohol (2.7 gallons): motor fuel additive, alcoholic drinks, industrial alcohol, E-85 auto fuel

Starch (32 lbs): adhesives, batteries, cardboard, crayons, chalk, degradable plastics, dyes, plywood, paper, antibiotics, gum, plaster board, pizza, wallpaper, photo film, printing paper, diapers,

Sweetener (33 lbs): shoe polish, drinks, jams/jellies, canned fruit, catsup, cereal, licorice, peanut butter, pickles, bread, citric acid, candy, marshmallows.

## Kinds of Corn

Candle or Baby Corn: Tiny ears of immature corn that are eaten cob and all. Popular in Asian dishes and salads.



Cornmeal: Yellow cornmeal, has the husk and germ of the kernel almost completely removed. It stores almost indefinitely if stored in an airtight container in a cool, dry place. Home ground corn retains its hull and germ, giving it more flavor and nutrition to recipes. BUT it is more perishable and will only store a few months at room temperature. It will store longer if refrigerated. It can be made from: yellow, white, blue or popcorn. It is used in cornbread, cornmeal cakes, pancakes, muffins, etc.

Field/Whole Corn: Large kernels, usually used for animal feed, also used for grinding into cornmeal (germ and husk removed).



Grits: Southern staple made from hominy or plain corn which is ground until it has consistency of coarse sand. It is used as a side dish, breakfast cereal or ingredient in baked goods.

Hominy/Posole: Hulled field corn kernels that are stripped of bran and germ. Used in southern cooking. Cooked whole until tender served as side dish in place of potatoes.



Masa: Dried corn that's been simmered in a solution of lime and water to make them softer, hulls are removed, it is more nutritious than some cornmeal. Then it is ground into flour for tortillas and tamales.

Popcorn: A specific type of corn which explodes from the inside out. Corn is able to pop because, unlike other grains, its kernels have a hard moisture-sealed hull and a dense starchy filling. This allows pressure to build inside the kernel until an explosive "pop" results. Corn popping was originally discovered by Native Americans, but became popular as a snack food in movies during the United States Great Depression. It can be eaten popped or ground into cornmeal.



Sweet Corn: Is a variety of maize with a high sugar content and prepared as a vegetable. Unlike field corn varieties, which are harvested when the kernels are dry and mature, sweet corn is picked when immature (milk stage) and eaten as a vegetable, rather than a grain. The process of maturation involves converting sugar into starch. Great eaten fresh off the cob, frozen or canned, also; freeze-dried and dehydrated. Iroquois Indians gave the first recorded sweet corn (called *Papoon*) to European settlers in 1779 and it quickly became a favorite vegetable of the American Settlers.

## Popcorn

While we may think of popcorn as just a snack that we might have for fun...it has qualities that also make it a great staple to be had for tough times. Let's consider some of the benefits of popcorn...

1. It fills that desire for the "munchies"...when only something salty and crunchy will do.
2. It is easy to make and doesn't require fancy equipment.
3. It requires only popcorn and a heat source. Oil enhances flavor, not needed to pop corn.
4. Even the most finicky will eat it and its easy on the stomach.
5. It can store for 10+ years in a kernel form.
6. It can be good for you! Low in calories. Great source of: protein and fiber.
7. It is inexpensive and you can even grow it yourself.
8. It is a comfort food of the highest degree and can increase morale.
9. It takes little room to store...and expands greatly for consumption, giving you that full feeling.
10. It is versatile...as it can be seasoned a variety of ways to make the flavor sweet, salty...etc...

### Popcorn Facts

"Popcorn is really neat....fun to make and fun to eat!!"



- More Protein than any other cereal grain
- More iron than: eggs, peanuts, spinach or roast beef
- Expands 30x its size when popped
- In US: average 54 qts. popped per person, per year
- 1 c. popped = 40 calories

### Popcorn Popping Tips

- Preheat the 3-4 quart pan.
- Have lid where steam can escape.
- Add 1/3c. vegetable oil, heat oil between 400-460° oil burns at 500° so watch if oil is smoking.
- Test the heat by dropping 1-2 kernels. If they spin, the oil is ready.
- Just add enough kernels to cover the bottom of the pan about 1 cup.
- Keep pan moving when popping, remove from heat as soon as the popping slows.
- Pre-salting toughens popcorn.

Old Maid: Is a term for kernels that fail to pop and are often found at the bottom of the bowl.

To Rejuvenate Old Corn: fill one-quart jar three-fourths full of popcorn and add 1 T. water. Cover and shake to coat the kernels. Shake every few minutes until water is absorbed. Store in cool place. Test every 2-3 days by dropping a few kernels into some hot oil. If they don't pop, sprinkle some more water and repeat.

### Popcorn Jokes (jollytime.com):

- 1) "The baby corn asks his mama corn: "Where do baby corns come from?"  
Mama says: "I told you before: the stalk brought ya!"
- 2) "Why can't you tell secrets in the cornfield? There are too many ears!"

### Sources for Corn Information and Recipes

Popcorn.org  
thatmyhome.com

recipegoldmine.com  
jollytime.com

kandcorn.com