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Corn

Amanda Spackman

Jillian Fox

Casey Maher

Trevor Knudsen

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USU Student Organic Farm

September 10, 2012
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Newsletter

Go Raw!

Growing up, corn on the cob was cooked one way...boiled. And it was delicious boiled, especially this time of year when corn is so irresistibly sweet. Then I discovered that eating raw corn is even better than cooked corn. The sweetness is really played up when this vegetable is eaten in its purest, simplest form, and it stays nice and crunchy and crisp. The kernels can be cut right off the cob and thrown into salsa or an omelet or onto pizza or a salad. A word of warning... eating too much raw corn may cause "G.I. distress" if you know what I mean :)

Article by Jillian Fox

Veggie Feature: Corn

Article by Amanda Spackman

Corn is a bit of an obsession in this country today. Everything is made of corn. Corn chips, corn flakes, corndogs, corn syrup, even disposable cups and silverware can be made from corn. Unfortunately, food manufacturers over use of this cheap crop have given corn a bit of a bad reputation, but I want to change that. Now, I am talking about regular old corn on the cob. We all know that corn is delicious. There is a reason that there are busy corn stands on every street corner at this time of year, and if you've seen the bins of local corn at the grocery store, you know that it doesn't have a hard time selling. According to Eating Well magazine, corn is not only good, but good for you. The first reason is that corn contains fiber. If you want to talk numbers, there are about 4 grams per cup. Fiber can create a feeling of "fullness" after a meal, among other health benefits. The second reason is that it contains lutein, which acts to maintain good eyesight. One last thing, the kind of corn that we eat and the kind used in many processed foods aren't the same kind of corn. So go ahead, enjoy your fresh and steamy corn on the cob guilt free, or cook some and chop it up into this yummy bean salad/salsa. It has lots of other seasonal veggies so it should use up some of your crop!

Black Bean Salad with Corn, Red Peppers, Avocado and Lime-Cilantro Vinaigrette

Recipe from onceuponachef.com

2 15-ounce cans black beans, rinsed and drained
3 ears fresh cooked corn, kernels cut off the cob
2 red bell peppers, diced
2 cloves garlic, minced
2 tablespoons minced shallots, from one medium shallot
2 teaspoons salt
1/4 teaspoon cayenne pepper
2 tablespoons sugar
9 tablespoons extra virgin olive oil, best quality such as Colavita
1 teaspoon lime zest (be sure to zest limes before juicing them)
6 tablespoons fresh lime juice
1/2 cup chopped fresh cilantro, plus more for garnish
2 Hass avocados, chopped Instructions

Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired. Serve at room temperature.

Announcements

New fall volunteer hours!
Tuesday 6:30-8:30 pm
Thursday 6:00-8:00 pm
Saturday 9:00 am-12:00 pm

Pumpkin Days is on the horizon, mark your calendars for October 13th, 2012

For more information about the USU Student Organic Farm or CSA shares visit:
www.usu.edu/organicfarms

Meet your Farmers

Name: Casey Maher
Major: Dietetics
Hometown: Middletown, NY
Role on the Farm: Food Literacy Intern
Why did you choose to spend your summer on the farm? I thought that since I have farming experience that I would be able to be an asset to the farm and also be able to do something that I really enjoy, which is growing food.
What is your favorite vegetable and why? I think it depends on the season. Summer – the first squash, zucchini, are really good. But by this time of year I hate them. So right now I'm really into peppers and tomatoes.
What form of transportation best describes your personality? Something fast. I always have to go really fast. And something also unconventional. Maybe one of those little rickshaws or something.
If you could be a superhero, what would be your super power and how would you use it to better the farm? I would clone myself so I could be in lots of different places at the same time.

Cornering the Corn Crooks

Article by Trevor Knudsen

The battle was on. A raccoon had ravaged my corn, and I would have no more of it. I went out at dawn to meet the masked bandit. I sauntered out to my live trap, and smiled when I saw it filled with an enormous, black and white...skunk?!? That corn- stealing raccoon put a skunk in my trap! What a jerk! Since that incident, I've learned how to tell if you have a skunk or a raccoon in your corn. When raccoons steal corn, they pull the cob (and sometimes the stalk) completely to the ground, but when a skunk steals it, they will pull the ear down but leave it attached to the stalk. Another way to tell if you have a skunk is that some animal control officers won't take it away for you.
If you want to get rid of your pests without dealing with a trap, look no further than talk radio. Seriously. Not only is talk radio informative, but also apparently it bores skunks and raccoons so much that they lose interest in eating. Just place a little battery-powered radio out in the field at night, and the little varmints won't come around for fear that Rush Limbaugh might tell them how to vote this year. Now, if any of you know how to handle a skunk without any negative olfactory consequences, feel free to contact me. Happy Gardening!