

# Zea mays



# Corn



Corn is a large-grained crop native to the Americas. It is known scientifically as *Zea mays*. It is called maize in most countries, this comes from the Spanish word 'maiz'.

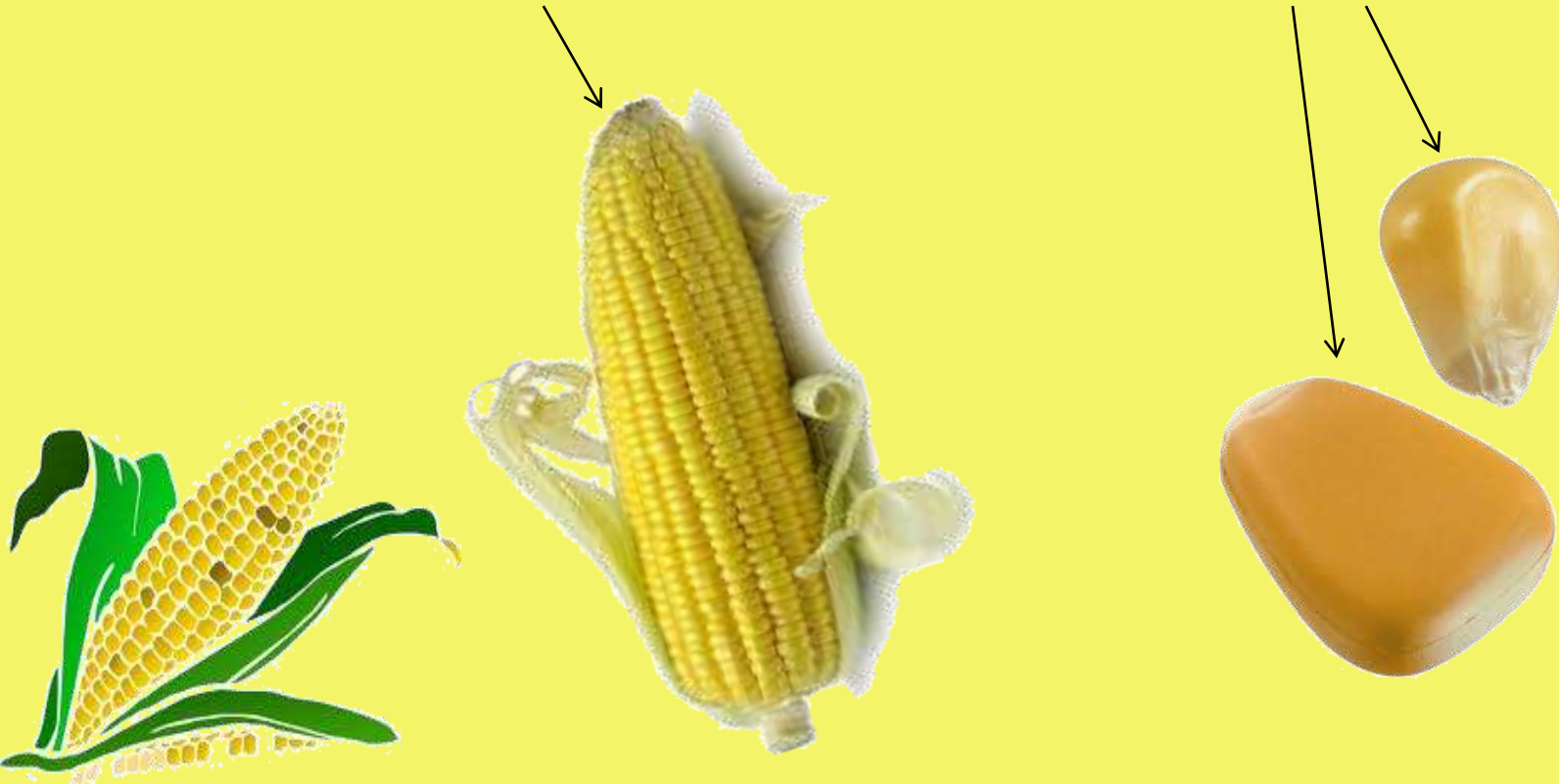
As well as being eaten by the cob, corn is also processed and used as a major component in many food items like cereals, peanut butter, potato chips, soups, marshmallows, ice cream, baby food, cooking oil, margarine, mayonnaise, salad dressing, and chewing gum.



# Look for:

## Shape

A corn cob is **cylindrical in shape**, with a **tapered end**. A corn kernel is **ear shaped**.



# Types

**Dent Corn, sweet Corn**  
**Popcorn or un-popped and hominy are some varieties of corn to be found.**



# Color

Corn found in Indian markets are usually **yellow** in colour but it actually comes in host of different varieties featuring an array of different colours, **including red, pink, black, purple, and blue**. It is grown During summer months (May- September) usually when it tastes the best.



# How to cook?

- The husk and silk is removed just before cooking or grill in the husk.
- Popcorn is the favorite food made from corn.
- The famous vendors of India would let the fire lick the kernels of the corn toasting them to a perfect black but not charred.



# Is it tasty?



- Fresh corn is **sweet** in taste.
- When boiled, it becomes **soft and chewy** with sweet taste.
- Popcorn is made with varied flavors to enhance it's taste such as caramel, buttery with salt.



# Is it healthy?

Corn is a good source of **pantothenic acid, phosphorus, niacin, dietary fibre, manganese, and vitamin B6.** They have **antioxidant** phytonutrients and are rich in carotenoids. It has a **low-fat complex carbohydrate.** Hence, corn makes a satisfying meal.





## Nutritional Information per 100g\*

<b>Corn</b>	Moisture g.	Protein g.	Fat g.	Minerals g.	Crude Fibre g.	Carbo- hydrates g.	Energy Kcal.		calcium mg.	Phosphor- ous mg.	Iron mg.
	67.1	4.7	0.9	0.8	1.9	24.6	125		9	121	1.1
	Carotene µg.	Thiamine mg.	Riboflavin mg.	Niacin mg.	Total B6 mg.	Folic acid µg.		Vitamin C mg.	Chlorine mg.		
						Free	Total				
32	0.11	0.17	0.6	-	-	-	6	-			

\*Source: Nutritive value of Indian foods, ICMR (Reprint 2009)

# How to select?

A corn must **not be exposed to large amount of heat**; it might lead to microbial contamination losing its resistance. A corn that is bought from a store must be stored in a cool place or refrigerated. Always look for fresh and green corn which is **not dried out**. The kernels must be **tightly arranged** in rows. Quality is an important criterion in selecting any food material. So, always check for good quality of corn without any bruises or spoilage before buying.



# Storage

- It should be used immediately or **refrigerated** as the sugar content converts to starch when stored at room temperature.
- If **properly packaged**, a corn cob can be stored for a long time in refrigeration.
- A fresh corn might get **spoiled** easily when **exposed to heat**. So, store it in a cool and dry place or refrigerate it.



# Interesting Facts

- Corn will always have an even number of rows on each cob.
- The Indian word *maiz* means "sacred mother" or "giver over life."
- There are more than **3,500** different uses for corn products.
- Corn is produced on every continent of the world with the exception of Antarctica.

