# Sweet Corn

## What am I?

Sweet corn is a sweet and starchy vegetable. Corn on the cob is especially popular during the summer months. Enjoy corn boiled, steamed, or grilled.

## How do I grow?

- Corn grows on stalks.
- Corn season in Wisconsin is July through September.
- The variety of corn produced to feed livestock is different that what humans eat.

## Nutrition Facts

Sweet corn is a good source of vitamin A, C, and soluble fiber. Due to its higher content of carbohydrates and calories, sweet corn is sometimes thought of as a grain.

## Fun Facts

- American Indian tribes refer to beans, corn, and squash as the "Three Sisters."
- Popcorn is a special corn that has extra water that when heated turns to steam and helps the kernel to explode.

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