



# Celebrate September with the Vegetable of the Month: Corn

by Katherine Ancona, R.D.

Here at Whitson's we want you to learn all corn has to offer this month! Start your Fall off right by enjoying this tasty and versatile vegetable.

There are certain qualities to look for when choosing corn from your grocery store or local farmer's market. First, you want to make sure that the outer husks of the corn are a light to medium green. It is also important that the inner silks of the corn look fresh, and the kernels are a brighter white/yellow; you want to check that there are no corn kernels missing from the cob.

To keep your corn as fresh as possible, research has found that if you refrigerate with the husks on, the cob will not go bad as fast. Also, make sure to have it within 1-2 days of buying to enjoy the most nutritional benefits, as well as maximum flavor.

There are SO many great ways to enjoy this fantastic vegetable. To enjoy it in the simplest form, eat it right from the cob with added spices. The corn can also be cut off the cob and sautéed with some olive oil, green chilies, and onions (it goes well with almost any other vegetable!). If you choose to boil it, make sure to first soak the husk in water beforehand. It can also be eaten in a cold salad with tomatoes, green peppers, and beans. This vegetable also serves as a great addition to soups, salads, casseroles, stews, and salsa. The healthiest way of cooking this delicious product is through steaming. This method not only brings out the most flavor in the corn, but also allows for the maximum nutrient retention.

These seemingly small kernels hold a variety of nutritional benefits. This vegetable is low-fat, sodium free, full of fiber, and contains many vitamins and minerals; some of these are thiamin, niacin, ascorbic acid, phosphorus, manganese, and pantothenic acid. It also holds two powerful antioxidants zeaxanthin and lutein, which are good for your eye health. The fiber present helps us to maintain a healthy digestive system. Research has shown that corn can support the growth of friendly bacteria in our large intestine, which can further decrease our risk of intestinal problems (such as colon cancer). More reasons to savor this tasty vegetable this month!

References:  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)  
[www.whfoods.com](http://www.whfoods.com)  
[www.ers.usda.gov](http://www.ers.usda.gov)



## Get to Know the Whitsons Register Dietitians



Meet Katherine Ancona, Katherine is a Registered Dietitian for Whitsons Culinary Group and one of our newest members!

Katherine received her Master's Degree in Food, Nutrition, and Culinary Science from Clemson University in 2013. While attending Clemson University, she led a team of undergraduate students in modifying recipes to be healthier. She is most interested in wellness, pediatric, and culinary nutrition, and also serves as a volunteer for the Kids Eat Right Campaign. Katherine is a nutrition expert and available to answer your questions about nutrition. Email Katherine at [nutrition@whitsons.com](mailto:nutrition@whitsons.com).

For more information about Whitsons Nutrition Services, visit us on the web at [www.whitsons.com](http://www.whitsons.com).

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