

SWEET CORN



A Michigan summer is not complete without stopping by a roadside stand or visiting the grocery store for fresh Michigan sweet corn

- While most corn you see planted in fields today is field corn, sweet corn is the type of corn you eat off the cob or find in canned and frozen foods
- Nearly 10,000 acres of sweet corn are planted in Michigan each year
- Michigan produces 86 million pounds of sweet corn for the fresh market worth \$21.8 million

MICHIGAN SWEET CORN = HEALTHY

- Sweet corn is rich in vitamin C, iron, thiamin, riboflavin and fiber
- Yellow variety corn has significant levels of phenolic flavonoid pigment antioxidants such as b-carotenes, lutein, xanthins and vitamin A, which are required for maintaining healthy mucus membranes, skin and vision



By local farm families. MichiganGrown.org