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

- Yellow variety corn has significant levels of phenolic flavnoid pigment antioxidants such as b-carotenes, lutein, xanthins and vitamin A, which are required for maintaining healthy mucus membranes, skin and vision

- Nearly 10,000 acres of sweet corn are planted in Michigan each year

- Sweet corn is rich in vitamin C, iron, thiamin, riboflavin and fiber

- Yellow variety corn has significant levels of phenolic flavnoid pigment antioxidants such as b-carotenes, lutein, xanthins and vitamin A, which are required for maintaining healthy mucus membranes, skin and vision