



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Sweet Corn

**Dakota:** *Wagmeza*

**Lakota:** *wagméza*

## Preschool Lesson Plan

### Objectives

Participants will:

- identify corn as a vegetable and the part of the plant that corn comes from.
- increase knowledge how to choose, cook and store fresh corn.
- identify available forms of corn and the advantages of each form.
- demonstrate use of corn in a recipe.

### Items Needed for the Lesson

- My Plate poster
- Parts of a Plant visual
- Sweet Corn visuals
- Actual sweet corn if possible

### Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

### Recipe

- Boiled Corn on the Cob with Dried Herb Butter

### Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Stove Top Safety

### Other Cooking and Food Safety Skills

- Cooking term – boil

### Supplies for Sweet Corn Lesson

- Boiled Corn on the Cob with Dried Herb Butter
  - » Measuring spoon
  - » Knife
  - » Cutting board
  - » Measuring cups
  - » Bowl
  - » Spoon
  - » Large pot
  - » Tongs
  - » Stove or electric burner

### Corn-original to South Dakota prior to European settlement.

- Dakota name – Wagmeza
- Lakota name – wagméza

Corn was a very versatile and important food source for the Dakota and Lakota people. It was often dried on the cob and stored for hundreds of years. It was also popped on the coals of a fire and eaten, which we refer to as popcorn today. Hominy is created by Wapapa, the Dakota name, by placing the kernels into ashes of a fire for a short time. It was also crushed to a coarse powder and added to finely shredded, dried meat, along with rendered bone marrow and fat and then formed into bite sized balls call Wasna. You can also add dried berries for flavor.

Dakota word translation and perspective provided by a member of Hunkapti Dakota.

Lakota word translated by Jeshua Estes.

What You Say:	What you do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>• This vegetable was once considered so valuable that it was used as money.</li> <li>• It is high in fiber and can be steamed, microwaved, baked, boiled or put on the grill.</li> <li>• Pick it when the silky threads become brown or black.</li> <li>• This vegetable is called maize by most countries. (Answer: Sweet corn.)</li> </ul>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of sweet corn.</li> </ul>
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p> <p>Why would we want to eat sweet corn? Sweet corn is a good source of fiber. Fiber helps keep our tummies healthy.</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate poster.</li> </ul>
<p>Different vegetables come from different parts of the plant. They may be the root, stem, fruit, seed, leaf or flower. What part of the plant do you think sweet corn is? (Answer: Seed.)</p> <p>Why are seeds important parts of the plant? (Answer: They help grow new plants.)</p>	<ul style="list-style-type: none"> <li>• Show Parts of the Plant visual.</li> <li>• Point to the fruit.</li> <li>• Call on someone who would like to answer.</li> </ul>
<p>What are some different ways that you can prepare sweet corn?</p> <p>Sweet corn can be steamed, microwaved, baked, broiled or put on the grill.</p> <p>Before preparing, wash the sweet corn (also called ears) under cool running water and rub off any of the silky strings.</p> <p>Corn also comes in different forms. You can find it fresh during the summer and fall or it will be canned or frozen all year long.</p>	<ul style="list-style-type: none"> <li>• Discuss different ways to prepare sweet corn.</li> </ul>
<p>Are you ready to try out a recipe using sweet corn?</p> <p>What is the first thing we always do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer and Handwashing skill sheet.</li> </ul>

# Use this page if you are going to prepare Boiled Corn on the Cob with Dried Herb Butter

## Equipment List

- Measuring spoon
- Knife
- Cutting board
- Measuring cups
- Bowl
- Spoon
- Large pot
- Tongs
- Stove

What You Say:	What You Do:
<p>Today we are going to make boiled corn on the cob with dried herb butter.</p> <p>What is the first thing we have to do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Read through the recipe and go over the Handwashing skill sheet.</li> </ul>
<p>The first thing that we will do is bring the water to a boil in a large pot on the stovetop. We will add the corn to this water and set a timer for four minutes. We will then remove the corn carefully with the tongs and let it cool for a few minutes.</p> <p>What needs to be done to the corn prior to boiling it? (Answer: Wash the corn under cool running water and remove any silks.)</p>	<ul style="list-style-type: none"> <li>• Go over Stove Top Safety skill sheet.</li> <li>• Review the term "boil".</li> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul>
<p>While the water is boiling and the corn is cooking, we will prepare the dried herb butter.</p>	<ul style="list-style-type: none"> <li>• Review Measuring Liquid and Dry Ingredients skill sheet.</li> <li>• Demonstrate measuring dry ingredients.</li> </ul>



## Visuals



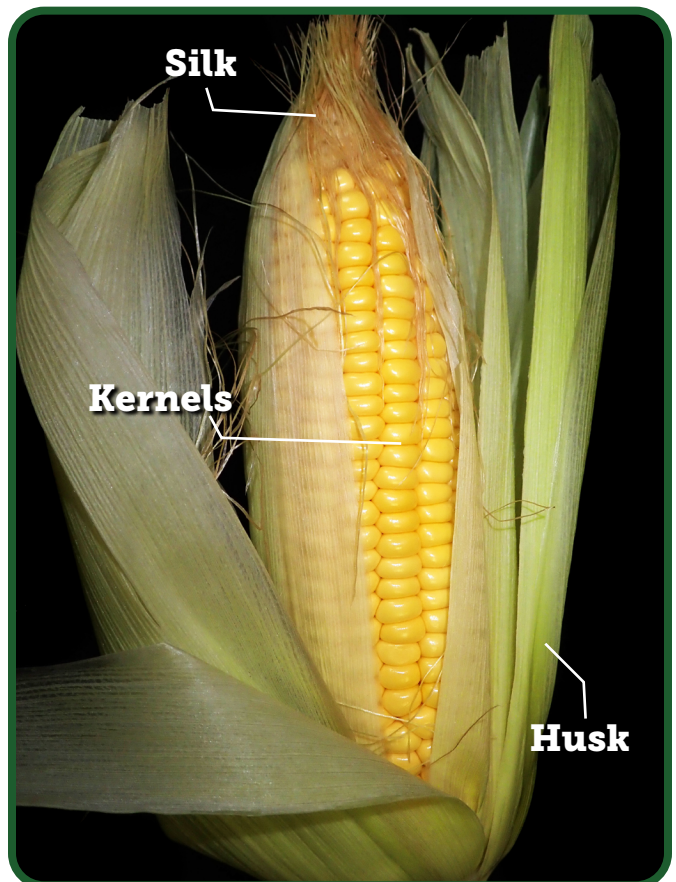
**Corn field**



**Corn growing on the stalk**



**Popcorn kernels**





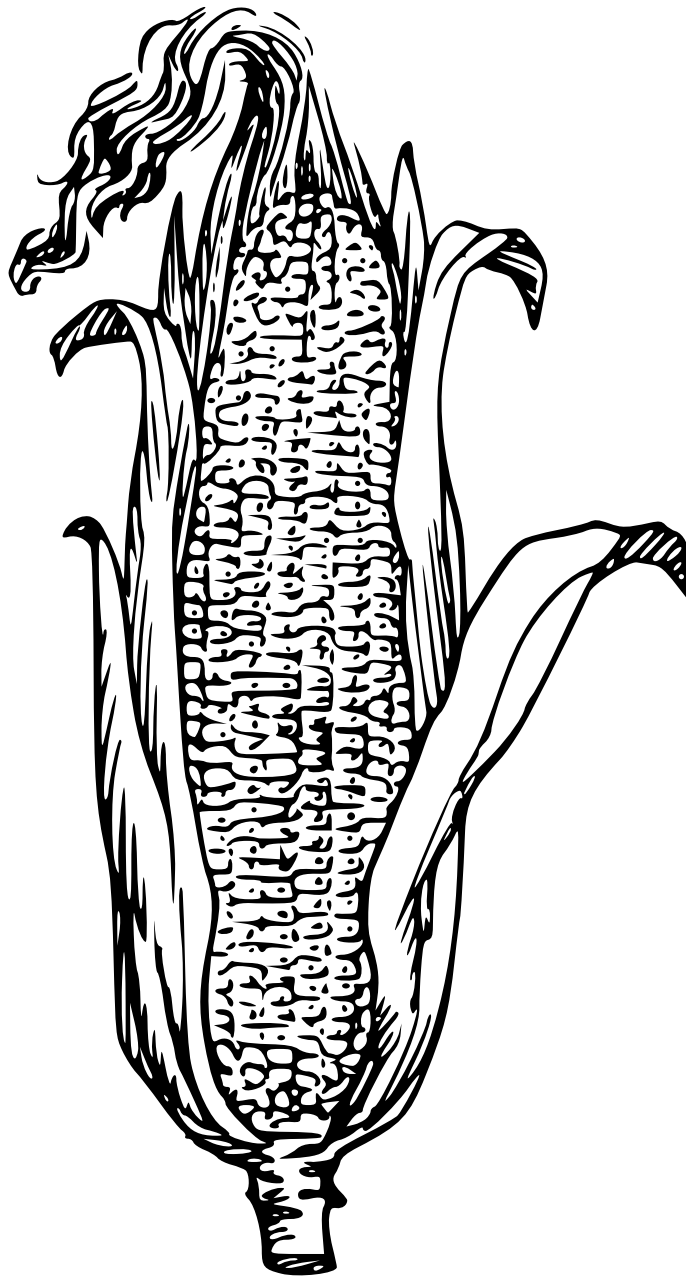
## Sweet Corn Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Corn on the cob, Yellow cooked</b>	1 med cob/82	59	1.8	146	3	158	20
<b>Corn, Yellow cooked</b>	½ cup/82	89	2.3	216	5	204	38
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# SWEET CORN



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents

# Sweet Corn Sources

## Recipe

- [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-salad-fat-free-ranch-dressing](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-salad-fat-free-ranch-dressing)

## South Dakota Harvest Calendar

- [pickyourown.org/SDharvestcalendar.htm](https://pickyourown.org/SDharvestcalendar.htm)

## How long to store

- [foodsafety.gov/keep/foodkeeperapp/index.html](https://foodsafety.gov/keep/foodkeeperapp/index.html)

## How to store

- [hgic.clemson.edu/factsheet/selecting-storing-fruits-vegetables/](https://hgic.clemson.edu/factsheet/selecting-storing-fruits-vegetables/)

## Cooking Glossary

- [reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary](https://reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary)

## Fruit and Vegetable Nutrition Facts Chart

- [static.macalester.sidearmsports.com/custompages/Deno\\_Videos/nutrition/Fruit\\_and\\_Vegetable\\_Chart.pdf](https://static.macalester.sidearmsports.com/custompages/Deno_Videos/nutrition/Fruit_and_Vegetable_Chart.pdf)

## Daily Nutrition Goals

- [health.gov/our-work/nutrition-physical-activity/dietary-guidelines/current-dietary-guidelines](https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines/current-dietary-guidelines)

## Dakota translation and perspective

- Provided by a member of Hunkapti Dakota.

## Lakota translation

- Translated by Jeshua Estes

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents

S-0001-37





**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Sweet Corn

**Dakota:** *Wagmeza*

**Lakota:** *wagméza*

## Pick it!

Choose large, green, stalks with tightly folded husks covering the cob of kernels.

Kernels should be bright yellow and white with a square shape.

The hairy silk should be very pale white with dry brown ends.

Storing warm decreases the sweetness.

Refrigerate in perforated plastic bag within 1-2 days of picking.

Leave the husk on until ready to cook.

Sweet corn can be boiled, steamed, grilled, roasted or microwaved.

## Try it!

Shuck before cooking, by pulling the husks down the ear and breaking at the stem. Run cold water over the ear and rub the silk off.

Avoid salting during cooking as it toughens the kernels.

You may remove the corn from the cob using a paring knife, cut from top to bottom with the ear propped on a plate.



## Types of Sweet Corn

**Standard:** Traditional sweet corn flavor, yellow or white kernels

**Sugar-enhanced:** High sugar content, keeps longer, tender kernels

**Shrunken:** Yellow kernels, highest sugar content, longest storage, kernels shrunken and tougher



## Did you know...

Starch, a complex carbohydrate found in fruits and vegetables, gives food moist, gel-like texture. The body digests most starch into energy used by every cell in body.



**Like it!**

## Boiled Corn on the Cob with Dried Herb Butter

### Ingredients

- As many ears of corn as desired to eat
- 4 Tablespoons paprika
- 1 teaspoon cayenne pepper
- 1 Tablespoon black pepper
- 1 Tablespoon garlic powder
- ½ teaspoon salt
- 1 teaspoon thyme
- ½ cup butter

### Directions

1. Mix paprika, cayenne pepper, black pepper, garlic powder, salt and thyme in a bowl. Add butter and mix well.
2. Remove husks and silks of the corn and wash the cob.
3. Carefully drop the corn into boiling water. Boil for 4 minutes.
4. Spread herb butter on corn right before eating.

Yields 8 servings

Nutrition Facts per Serving:  
Calories 270; Fat 15g; Cholesterol 30mg; Sodium 229mg;  
Carbohydrates 29g; Fiber 9g; Sugar 10g; Protein 6g

## Corn Salad

### Ingredients

- 2 cups whole kernel corn, fresh or frozen, cooked and drained
- ¾ cup tomato, chopped
- ½ cup green green pepper, chopped
- ½ cup celery, chopped
- ¼ cup onion, chopped
- ¼ cup fat-free ranch dressing

### Directions

1. Combine vegetables in a bowl.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.

Yields 6 servings

Nutrition Facts per Serving:  
Total Calories 74; Total Fat 1; Saturated Fat 0g;  
Cholesterol 0mg; Sodium 119mg; Carbohydrates 16g,  
Dietary Fiber 2g, Total Sugars 4g, Added Sugars included  
0g; Protein 2g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-salad-fat-free-ranch-dressing](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-salad-fat-free-ranch-dressing)

## Dakota Perspective (Corn)

*Dakota: Wagmeza*

*Lakota: waggméza*

Corn was a very versatile and important food source for the Dakota and Lakota people. It was often dried on the cob and stored for hundreds of years. It was also popped on the coals of a fire and eaten, which we refer to as popcorn today. Hominy is created by Wapapa, the Dakota name, by placing the kernels into ashes of a fire for a short time. It was also crushed to a coarse powder and added to finely shredded, dried meat, along with rendered bone marrow and fat and then formed into bite sized balls call Wasna. You can also add dried berries for flavor.

*Translation and information provided by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.*

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

S-0001-37

© 2024, South Dakota Board of Regents