



BENEFITS

The “corn” of plenty!

Over 50 different varieties of sweet corn are grown in Quebec. The earliest varieties of corn are available starting in late June. Corn should be eaten as soon as possible after harvesting as it quickly loses flavour and nutritional value.

Because it's one of our favourite culinary delights!

Even though it's often eaten as a vegetable, corn is actually a cereal. This vitamin-rich grain cereal is a staple in pâté chinois, at corn roasts, and even on an evening out at the movies!



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



SIMON'S CORN SALAD

Portions: 3 to 4 10 min

Ingredients

- 500 ml (2 cups) frozen corn kernels
- 1 avocado, diced
- 250 ml (1 cup) cucumber, diced
- 250 ml (1 cup) kidney beans
- 1 green onion
- 8 Kalamata olives, finely chopped
- 30 ml (2 tbsp) lime juice
- 10 ml (2 tsp) rice vinegar
- 20 ml (4 tsp) olive oil
- Fresh coriander, to taste
- Salt and pepper to taste

Directions

1. Combine the first 6 ingredients in a bowl.
2. Whisk together the lime juice, vinegar, and oil and pour over the first mixture. Toss to combine.
3. Add the fresh coriander and season to taste.

Source: Simon Deschamps (aged 8)



TIP - REMOVING CORN KERNELS FROM A COB

Simply hold the raw or cooked cob upright and slide the blade of a knife from top to bottom to slice off the kernels. Watch your fingers though!



CORN BURRITOS

Portions: 4 10 min 1 min

Ingredients

- 375 ml (1 1/2 cup) frozen corn kernels
- 250 ml (1 cup) kidney beans
- 125 ml (1/2 cup) cooked rice
- 160 ml (2/3 cup) store-bought salsa
- 250 ml (1 cup) cheddar cheese, grated
- 4 to 6 large tortillas

Directions

1. Combine the first 4 ingredients.
2. Spread 125 ml (1/2 cup) to 160 ml (2/3 cup) of the mixture on each tortilla, top with cheese and form into a roll.
3. Cook 1 min in the microwave and serve.

Source: Julie Strecko, RD

