

ANOTHER  
HERB HERBERT  
FACT SHEET

SPECIAL INTEREST HERBS

GOURMET VEGETABLES  
CORN *Zea mays*



**DESCRIPTION**

Although the origin of corn is unknown, archeological studies indicate that corn was being cultivated approximately 5000 years ago. Corn is very rich in nutrients and is a great low carb substitute for potato. Corn is also known to be rich in fibre and vitamins such as folic acid, niacin, and vitamin C. Corn is a warm weather plant that is a member of the grass family. The plant requires a lot of water and can grow 4 - 12 ft/1.2 - 3.7 m long depending on varieties and weather conditions. A stalk of corn generally produces one to three ears.

Ambrosia (Bicolor). Well filled to tip. Great appearance and outstanding flavor. 8in/20.3cm long and 2in/5cm wide. 75 days. Incredible (Yellow). Superb eating with good husk protection. Excellent for home garden. Best for freezing and has a 9in/22.9cm ear. 83 days.

Silver King (White). Tender, flavor-full kernels, 8 in/20.3 cm to the tip. Very disease resistant. 84 days.

Indian. Grows in a rainbow of dark colors including red, white, pink, yellow, brown and purple.



**USES**

Corn is used in a variety of ways. Corn is best known as a food source full of carbohydrates that can also be used as a cooking and salad oil.

In relation to cooking and food products, the oil from corn is used as margarine. Corn can also be used in the making of paints and soap, as well as in the production of alcohol, where the corn is fermented to produce corn liquor.



**GROWTH**

The timing of fertilization, cultivation, harvest and insect, disease and weed control is incredibly important in determining the size of yields. When planting corn, choose a place that receives full sunlight. Ensure that your soil is rich and can retain moisture. The use of compost is also recommended. Plant seeds approximately a week after the last frost, sewing seeds approximately 1 in/2.54 cm deep and 5 in/12.7 cm apart. Plant in hills as groups.



**CULTIVATION**

Corn is ready for harvest when the ears have completely filled out. At this stage, the ends of ear should be rounded rather than pointed. The husks will also be dark green and the silks will become dark and brown. For more information on keeping your vegetables healthy see our organic gardening fact sheet on the Herb Herbert website. Select 'Special Interest' tab and select 'Organic Gardening' in the pull down menu.



Don't forget Herbs book, "Wonderful World of Herbs."



Any enquiries can be directed to:

HERB HERBERT P/L PO Box 24 Monbulk Victoria 3793 Australia

E-mail: herb@herbherbert.com

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