

Did you know?



Ancient cob is < 10th the size of modern corn cobs at about 2cm (0.8inches) long.

Did you know?



Ancient cob only produced 8 rows of kernels, that's half of the modern cob.

The background of the entire image is a photograph of several yellow corn cobs. They are arranged diagonally across a solid teal-colored surface. The lighting creates soft shadows to the right of each cob. The image is framed by a thin white border.

Did you know?


**Corn contains Vitamin C and
antioxidants that produce collagen.**

A photograph of a wall decorated with strings of dried Indian corn (tostitos) and a cactus branch. The corn is arranged in vertical strings, and the cactus is a green, spiky branch. The background is a white brick wall. The text "Did you know?" is overlaid in a large, bold, brown font at the top.

Did you know?

Indian corn is traditionally used in autumn harvest decorations.

Did you know?

A low-angle photograph of a cornfield. The image shows the green leaves and golden tassels of corn plants reaching towards a blue sky with light, wispy clouds. The perspective is from within the field, looking upwards.

Corn is used to produce ethanol, a first generation liquid biofuel.

Nutrition Facts

Vitamin B1	43%
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Vitamin B5	20%
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Vitamin B9	15%
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Vitamin B12	0%
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Vitamin C	11%
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Iron	4%
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Corn reduces the risk of anemia in helping the production of red blood cells.

Corn lowers blood sugar and cholesterol levels.

**Learn More on
ROOTS' website**

