

2025 Harvest Box

Riverland Family Farms

WEEK 8

in the box

Red Onion	2 each
Corn	4 each
Radish	bunch
Red Leaf Lettuce	Head
Shishito Pepper	Pint
Mini Cucumbers	3 or 4 each
Cherry Mix Tomato	Pint
Celery	bunch
Strawberry	pint

Corn

Corn isn't just a tasty summertime staple—it's one of the most influential crops in human history. First domesticated over 9,000 years ago in what is now southern Mexico, corn (or maize) was selectively bred from a wild grass called *teosinte*. What's amazing is that *teosinte* looks nothing like modern corn—it had just a few kernels, each encased in a hard shell. Fast forward to today, and corn is everywhere. Not only is it a global food staple, but it also fuels cars (ethanol), feeds livestock, sweetens our sodas (high-fructose corn syrup), and even helps make plastic and biodegradable packaging. Every part of the corn plant gets used—stalks, husks, cobs, and kernels. Corn is incredibly versatile in cooking—enjoyed fresh on the cob, ground into cornmeal for breads and tortillas, or popped into a crunchy snack



recipe ideas

please visit farm website for
recipe ideas
www.riverlandfamilyfarms.com

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