



HARVEST OF THE MONTH- Farm Fresh Corn on the Cob

Kallstrom Farms is located near the town of George in central Washington. They are a 4th generation Washington State farming family. Their farm specializes in growing sweet premium corn on the cob. Central Washington is a good place to grow sweet corn because of its ample water supply and good soils and the best irrigation systems in the world. Farmer Mark was raised on a farm and has farmed his whole life. He is married and has 4 children and grandchildren.

A quote from Farmer Mark: We like to say our sweet corn is a "dessert on a cob", and "think outside the husk"! Kallstrom Farms corn is NON-GMO.

Fun Facts:

- Each ear of corn has an average of 800 kernels, arranged in 16 rows. There is one piece of silk for each kernel. Wow, 800 pieces of silk too!
- Kallstrom Farms has a special machine for picking corn called an Oxbo corn harvester. This is a highly specialized machine which picks the ears of corn almost as if they were carefully handpicked.



Sweet Corn is made an excellent source of the B vitamin, folate, which helps our body cells work. It is also high in soluble and insoluble fiber for a healthy digestive system.