

Corn



Corn contains Vitamin C, niacin and folate. They also have a good source of dietary fibre and potassium.



The part of the corn we eat is actually the seeds. They are called kernels and are also used to make popcorn.



Corn is locally grown in Hawaii, and grows all year round.

Corn is a type of grass which can grow up to two meters in height. They are also very fast and easy to grow.

