



## **SWEET CORN**

### **WHERE DID THEY COME FROM?**

Corn originated in North America.

### **WHEN IS SWEET CORN PLANTED AND HARVESTED IN GEORGIA?**

Sweet corn is planted from February through May for spring/summer harvest and from July through August for fall harvest.

### **WHY IS SWEET CORN GOOD FOR YOU?**

Sweet corn contains a variety of vitamins and minerals and is a good source of dietary fiber.