



Please search YouTube for “**Chef in the Garden Episode 21**” to find this kit’s video
Recipes provided by Carlos Diaz, Otro Cafe

Fresh Corn Quesadilla with Squash Blossom, 1 each

- 2 oz. prepared masa dough
- ½ oz. cheese (Asadero or Oaxaca)
- 1 squash blossom, tear apart into pieces

Step 1: Roll and flatten: Roll the dough into a ball. Gently flatten first with your hands, then between two pieces of wax paper, using a tortilla press or the bottom of a pan.

Step 2: Cook until dry, yet soft: Remove one piece of the wax paper and transfer tortilla, paper side up (on top), to a preheated skillet or griddle over medium-high. Carefully remove the remaining piece of wax paper and cook the tortilla for 1 minute until it’s slightly dry. Flip the tortilla and cook 1 minute more until dry and light brown but still soft.

Step 3: Top the tortilla with cheese and squash blossom pieces. Heat until the cheese is melted. Fold the tortilla and enjoy!

*If you’d like to make more tortillas. **Make the dough:** In a mixing bowl combine 2 oz. ground corn or masa flour, 2 TBPS. water and a dash of salt. Stir in additional water as needed, a little at a time, until the dough is firm but moist. Once dough is soft, but not sticky, cover and let rest for 1 hour. The dough should resemble and feel like Play-Doh.*



Planting Notes with Master Gardener Mr. Pickle:

Corn seeds are large and full of life; therefore, they are intended to be planted deep, at least 1 ¼ to 1½ inches. Plant 4 seeds in the corners of the black container so you can separate and transplant them when they are about 3-inches tall (the plant will look about like #5 in the corn life cycle picture). If you have the space, you can also plant the seeds in a pot, raised garden, or directly into the ground. Corn likes lots of sunlight. When you transplant them, keep them at the same soil level as they were in the black container and keep the transplants at least 8-inches apart. Water daily and place something under the black container to catch any excess water when you water the seeds. When your stalks start to look like #8 your corn is ready to pick and enjoy!



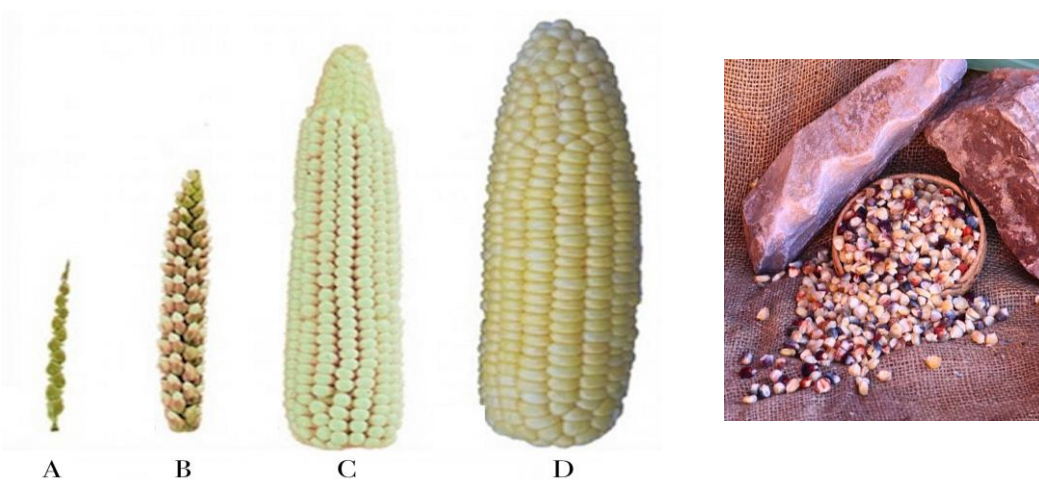
Corn Life Cycle

These kits are possible due to generous support from both:



History of Corn (1.G2.1 & E1U1.5)

Corn has not always been the juicy, sweet vegetable that we know today. Corn evolved from a wild plant, called *teosinte*. Teosinte is made of hard seeds packed with proteins. Humans started growing teosinte about 10,000 years ago in places like Mexico and Central America. Over that very long time, corn's shape transformed from small, bitter kernels (*picture A*) to a vegetable of a medium-size kernel (*pictures B and C*), to the large, soft, sweet kernels that we eat today (*picture D*). This transformation in corn has happened because farmers and scientists chose the biggest, sweetest corn available and use their seeds to produce even more of the biggest, sweetest corn. The small, bitter corn was left out and eventually stopped growing. Therefore, because of human involvement in choosing what plants to grow, corn is no longer the tiny hard plant it used to be. Today, corn is grown all over the world and it acts as a natural resource for humans meaning we use it in many ways. For example, corn is in syrup, gasoline, diapers, plastic, ketchup, and many more products that we use every day.



Arizona Corn

There are 5 major categories of corn: pop, flour, flint, dent and sweet. The corn that we grow in Arizona is called Maricopa Sweet Corn. This type of corn grows best in hot temperatures and does not need a lot of water. But it is very fast-growing! Sweet corn got its name due to a spontaneous mutation that caused the corn to taste sweeter than other types of corn. The best time to eat sweet corn is during the milk stage. This is when a sweet liquid comes out of the corn when you squeeze it. The next time you eat corn give it a squeeze! Is it at the milk stage?

Parents:

This kit is being provided via the Blue Watermelon Project which is a grassroots organization that is a part of Slow Food Phoenix. Blue Watermelon Project wants to give students the opportunity to learn about food, where it comes from, and how our food choices are shaped by our cultures. Our group works with students and chefs to create healthy, delicious and nutritious recipes to be used in school meals through our *Chef in the Garden* series. You can check out our previous kits on our YouTube Channel, or our Website! Visit us at <https://www.bluewatermelonproject.org/>

**Share your experience on Facebook or Instagram and tag us @BlueWatermelonProject;
#chefinthegardenaz**

We would love to hear from you!