

OCTOBER VEGGIE OF THE MONTH

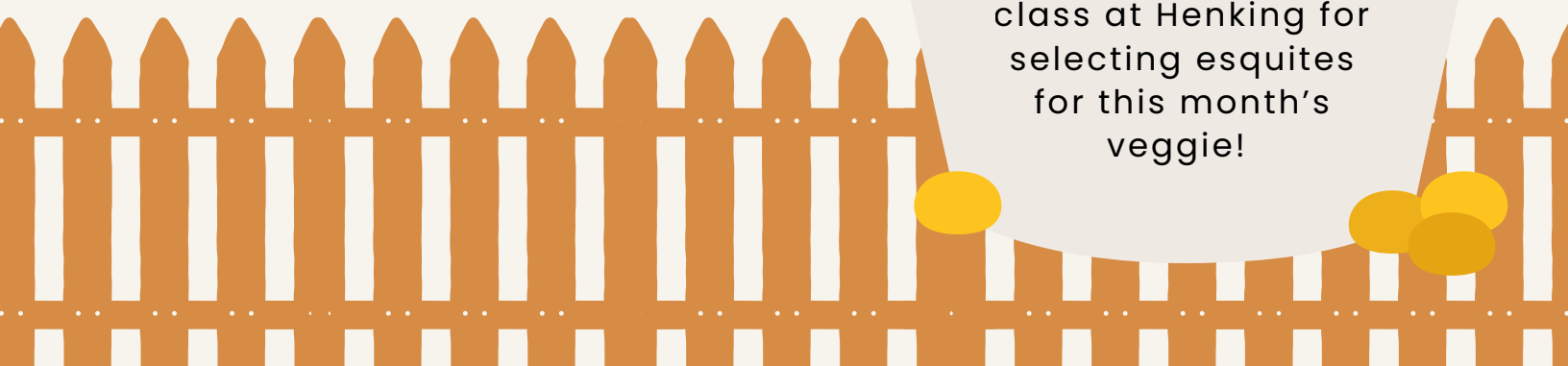
Esquites

Esquites is a Mexican style corn salad

- Corn is grown on every single continent on Earth except for one--chilly Antarctica
- Corn comes in many colors including rainbow



Thanks to Mrs. Sweazy's 1st grade class at Henking for selecting esquites for this month's veggie!



Corn is made into many different types of foods including popcorn, tortillas, & cereal



Try it on
October 15th

What did the corn say
when it got
complimented?

Aww shucks!