

summer corn on the cob

Small children love to chew corn off the cob. Enjoy this summer treat with your child!

Serve small servings of corn.

Cut or break corn cobs in half before cooking. It's easier for a child to eat a smaller piece.

How to cook corn:

- 1. Remove the husks and silk from the corn.
- 2. Bring a large kettle of water to a boil. Add the corn to the boiling water and cover.
- 3. Bring the water to a boil. Boil the corn for 3 to 5 minutes or until tender.

Let's go to the Farmers' Market.

Take your child with you to the market. The bright colors, delicious smells and fun activities will help your child create happy memories. Your child will see you and others enjoying the Farmers' Market, and he will too.

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