



CORPUS CHRISTI PRODUCE COMPANY, INC.

September 2018

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The September full Moon is usually known as the Full Corn Moon because it traditionally corresponds with the time

of harvesting Corn. This year, the September Moon is also called the Harvest Moon. The Harvest Moon is the Moon that falls nearest the autumnal equinox; this full Moon is bright enough to allow finishing of all the harvest chores.

Early Native Americans did not record time by using the months of the Julian or Gregorian calendar. Many tribes kept track of time by observing the seasons and lunar months, although there was much variability. Each tribe that did name the full Moons (and/or lunar months) had its own naming preferences. The name itself was often a description relating to a particular activity/event that usually occurred during that time in their location. Colonial Americans adopted some of the Native American full Moon names and applied them to their own calendar system (primarily Julian, and later, Gregorian). Since the September moon is traditionally called the Corn Moon, we are going to focus our attention to Corn.

Corn is called maize by most countries, which comes from the Spanish word 'maiz'. It is a cereal crop that is part of the grass family. An ear of cob of Corn is actually part of the flower and an individual kernel is a seed. On average an ear of Corn has 800 kernels in 16 rows. Another interesting fact about modern Corn is that it always has an even number of rows on each cob. Modern Corn is the descendent of maize, which was planted and cultivated by the Aztecs about 10,000 years ago.

Corn can be produced in various colors including blackish, bluish-gray, purple, green, red, white and the most common yellow. In the days of the early settlers to North America Corn was so valuable that it was used as money and traded for other products such as meat and furs. Corn is now a completely domesticated plant so you're unlikely to find it growing in the wild.



There are over 3,500 different uses for corn products. As well as being eaten off the cob, Corn is also processed and used as a major component in many food items like corn meal, Corn syrup, Corn starch, cereals, peanut butter, potato chips, soups, marshmallows, ice cream, baby food, cooking oil, margarine, mayonnaise, salad dressing, and chewing gum. Corn and its by products are also found in many non-food items such as fuel, fireworks, rust preventatives, glue, paint, dyes, laundry detergent, soap, aspirin, antibiotics, paint, and in the production of plastics.



Corn also has some health benefits. Corn contains carotenoids – lutein and zeaxanthin. There are multiple studies that show the benefits of these for your eyes. Corn is a very good source of iron which can help prevent anemia. It contains phenolic phytochemicals that help regulate blood pressure and prevent hypertension. There is also a good amount of vitamin B that is beneficial for the optimal functionality of your adrenal glands. Corn is also a great source of fiber, which aides in healthy digestion and can lower cholesterol. Corn and corn flour is a good option as it is naturally gluten free and a better option than other grains for gluten free choices.

"Recipe of the Month"

HARVEST MOON CARAMEL CORN

Ingredients:

- 10.5 ounce box of microwave popcorn, popped
- 1 cup butter
- 2 cups brown sugar, Packed
- 1/2 cup corn syrup
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda



Directions:

1. Place popped popcorn in a lightly greased roaster pan; set aside.
2. Combine butter, brown sugar, corn syrup, and salt in a heavy saucepan. Bring to a boil over medium heat; cook 5 minutes. Remove from heat. Add vanilla and baking soda; stir well and pour over popcorn. Mix well.
3. Bake at 250 degrees for one hour, stirring occasionally. Remove from oven; let cool. Break up and serve or store in airtight container.

BUY LOCAL! SUPPORT LOCAL!



A Tradition of Excellence

We are proud to announce that Corpus Christi Produce Company, Inc. is a BBB Accredited Business.

We work hard to provide the best service and product to our customers, and continue to strive for excellence and to maintain our A+ rating.

It is our pleasure to serve the Coastal Bend and surrounding areas. We appreciate your business and trust.

Let us know how we can help you.

It's One Big Happy Family!

Corpus Christi Produce Company, Inc. is and has always been a family owned business. Established in 1946 by Tony Jataine to meet the needs of the food industry in Corpus Christi. Three generations later, we still continue to offer high quality produce and a customer-first service to our ever-growing base of food service customers.



You can also find that same pride and family tradition carried over into our employees and their families. Charlie "Cha-Cha" Saucedo (far left) has been with Corpus Christi Produce Company, Inc. for 22 years. His son Adrian is now following in his father's footsteps. Guillermo Ayala (far right) has been with us for over 6 years. He too now works alongside his son, Edgar. Corpus Christi Produce Co., Inc. loves our second generation! Can you see the resemblance?

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