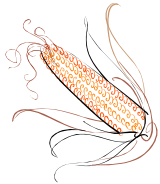


2008 Master Gardener Series

January 17, 2008



Corn

"Good morrow, gallants!

Want ye corn for bread?" - Henry VI

Corn was always referred to as "indian" corn or "indian" meal by the early Americans. To this day, it is a much loved food staple in America.

Corn was considered the food of the poor in England and Europe and the gentry wouldn't eat it. When it was introduced, it was generally thought that it would be a cheap way to feed the masses and it invoked much disdain. Hence, the Shakespeare quote, "...*want ye corn for bread?"*

Here is the rest of it:

Joan. Good Morrow Gallants! Want ye corn for bread? I think the Duke of Burgundy will fast Before he'll buy again at such a rate. 'Twas full of darnel; do you like the taste?

Bur. Scoff on, vile fiend and shameless courtezan! I trust ere long to choke thee with thine own, And make thee curse the harvest of that corn!

Menu

*Apple Indian
Thomas Jefferson's Spoon Bread
Mexican Cornbread Salad
Tamale Pie
Apple Juice
Chamomile Tea
Coffee
Corn Chips
Salsa*

Apple Indian

<i>2 cups apple slices</i>	<i>1/2 cup molasses</i>
<i>1/2 cup brown sugar, firmly packed</i>	<i>4 cups milk</i>
<i>1/4 cup Indian meal</i>	<i>2 tablespoons butter</i>
<i>1 teaspoon salt</i>	<i>1 teaspoon cinnamon</i>
<i>1/2 teaspoon</i>	

Scald milk; pour onto indian meal; add remaining ingredients; pour into buttered baking dish, and cook in slow oven four hours, keeping dish covered until the last hour, stirring occasionally.

Thomas Jefferson's Spoon Bread

Spoon bread is a derivative of the Algonquian word nasaump, meaning cornmeal softened by water. Spoon bread is eaten with a spoon or a fork, as it is a custard rather than a bread. This recipe is said to have originated from Thomas Jefferson's collection. It is in modern language.

Scald 1 quart milk with 1/4 tsp salt. Sprinkle in very slowly 1 cup cornmeal. Cook in a double boiler one hour. Add 3 tablespoons butter and 3 eggs. Mix well. Bake in oven 45 minutes

Early American and Indian Corn Breads *A Little History*

Corn Cakes

Also called johnny cake or journey cake, hoe cake, ash cake, bannock, griddle cake and corn dodger, these were the common breads.

Pound corn into meal in a mortar, or, by stone, ground corn and mix with a little maple sugar and water. Pat into a little cake that fits in the palm of your hand and bake in a bed of hot coals until a firm crust forms around the cake, about 5-10 minutes.

Parched Corn is another example of a foodstuff from the early days that everyone understood how to make and didn't write down. It was the most common food product to eat

while traveling because of the ease of carrying and preparation. Every traveler carried a cup from which he could prepare the evening meal of corn mush or hoe cake and finish with a fine cup of tea.

Parched Corn

Take the corn and parch it in hot ashes (hot coals), till it becomes brown, then clean it. It can then be eaten whole or pounded into cornmeal and mixed into mush.

Oral instructions for corn cakes and parched corn given from Bill Proctor to me in 2001..

Indian Slapjack

One quart of milk, 1 pint of indian meal, 4 eggs, 4 spoons of flour, little falt, beat together, baked on griddles, or fry in a dry pan, or baked in a pan which has be rub'd with fuet, lard, or butter.

Amelia Simmons, American Cookery, Hartford, 1796

Mexican Cornbread Salad

*1 pkg Hidden Valley Ranch Dressing
1 cup mayonnaise or Miracle Whip
2 16 ounce cans pinto beans
1 large package frozen corn or fresh corn if available
10 slices bacon (optional)
1 cup sour cream
1 recipe corn bread (plain with little or no flour added)
1 medium green pepper*

*3 large tomatoes
2 cups Mexican style finely grated cheese
1 bunch of green onions
1 can of chopped green chilies*

In a small bowl, combine the dressing mix with the sour cream and mayo. Set aside. Crumble half of the cornbread into a large glass bowl or trifle dish. Drain and rinse the beans in a colander; defrost the frozen corn but do not cook. Chop the vegetables and crumble the bacon.

In the following order, add layers to the crumbled corn bread of half the beans, bell pepper, sour cream mixture, corn, tomatoes, chilies, bacon, cheese, scallions. Repeat layers once more with the remaining half of each ingredient. Cover and chill for at least 2 hours before serving. Chopped jalapenos may be added for additional flavor.

PURDUE RESOURCES

<http://www.agry.purdue.edu/ext/corn/>

The Corn Growers Guidebook from Purdue University is available here. Register for receipt of the monthly newsletter from Purdue at this link. The cost is \$15.00 per year for the hard copy newsletter, but can be viewed on line at no cost.

January 28-30, 2008. **Indiana Horticultural Congress and Trade Show**, Indianapolis, IN. January 28-30, 2008. (765) 494-1306.

Use Corn Stalks as Dairy Heifer Feed
<http://www.ag.ndsu.edu/disaster/drought/cornstalksdairyheifer.html>



Pennycress is edible until it flowers, but is poisonous to livestock and horses.

Menu and Corn Resource Information was prepared by Patricia A. Proctor, Chairman, Communications Committee – Morgan County Master Gardeners Association