

## Owego-Apalachin Corn

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 [Owego-Apalachin Corn](#)

Some Owego-Apalachin students had an amazing lunch recently. The kids learning supporting New York State farmers has never been so sweet. Students at Apalachin Owego Elementary schools were treated to a special lunch in honor of New York Kids Week.

The program has two parts...supporting local farmers and teaching kids healthy eating habits. Frank Wiles says "So if these youngsters get the chance to have a really good ear of corn they may be thinking about that as they go down the road and eat not only corn but thinking about eating more vegetables rather than some of the other things they can have to eat, especially when they're at festivals and this type of thing."

Frank Wiles of Our Green Acres brought his corn roasting machine to the school students. He says there are many advantages to cooking corn in a roaster. Corn is cooked or roasted in its own juices, the juice from the cob, the juice from the kernels.

So therefore when the ear is completely roasted it maintains all that sweet corn flavor that is originally in that ear of corn." It takes about 24 minutes for an ear of corn to go into the roaster can cook about 600 ears of corn in an hour.

After the corn was roasted it was time to let the students have a taste. Kylie Johnson says "It was good." And each kid had a certain way they liked to enjoy the treat. Bryan Ward says "The students sampled produce such as apples, tomatoes and grapes from local farmers. We will show us what some Maine-Endwell students found while taking a walk in the classroom of the day, call us at 771-NEWS or email us at news at NewsChannel."

