



Is Corn a **Grain** or a **Vegetable**?

From the **New York Times**
June 11, 2007 by Nicholas Confessore

Botanically speaking, corn is a caryopsis, or **dry fruit** — popularly known as a grain. Dr. Pritts allowed that corn, like a tomato, is eaten like a vegetable, “so to a normal, everyday person, it’s a vegetable.”

To
YOUR
Good
Health

From **Wikipedia** (a commentary by anyone who wishes to comment) The fruit of the sweet corn plant is the corn kernel, a type of fruit called a caryopsis. The ear is a collection of kernels on the cob. Because corn is a monocot, there is always an even number of rows of kernels.

From the **Philadelphia Examiner**, August 21, 2010, by Margie King
In a nutshell, according to Penn State University’s College of Agricultural Sciences, the answer to the question “Is corn a vegetable, a grain or a fruit?” is that it’s all three.

And from our own **K-State Research and Extension**

- Corn seed is actually a vegetable, a grain, and a fruit.
- Corn seed is a vegetable because it is harvested for eating. (Usually sweet corn when grain is harvested at the milk stage.)
- Corn seed is a grain because it is a dry seed of a grass species. (Usually field corn when harvested after the grain is relatively dry.)
- Corn seed is a fruit because that is the botanical definition.

So there . . .

Well the one thing I know for sure is they feed it to pigs and cows to fatten them up. Since I'm not keen on being FAT . . . I'll pass thank you. The exception would be, an occasional summer's fresh corn-on-the-cob that is dripping in butter.

One of my biggest concerns with corn is the fact that 86% of all corn and 93% soybeans grown in the US have been genetically modified to resist pesticides. In other words the corn that is feed to our cows, chickens and pigs and yes even the sweet corn you put on your table has a 86% chance it was altered so that it can be sprayed with pesticides and not kill the plant. In other words you are eating weed killer. Would you knowingly sprinkle weed killer on that luscious ear of corn before you put it in your mouth? Well that is exactly what you are doing. Think about that.

And what about all the HIDDEN corn in packaged products? What about all that high fructose corn syrup in everything?

As Michael Pollan likes to say “If you are what you eat . . . what you are is corn.”