



Popcorn



Plant: Choose a site that gets full sun with soil that drains easily. Plant kernels two inches deep in short blocks instead of single rows. Optimal planting time in SC and throughout the Lowcountry is between March 20 and April 15. Thin out the seedlings to 10-12 inches and space blocks 3 feet apart. Do not plant within 100 feet of any other corn variety.

Grow: Popcorn needs about two inches of water a week during its growing season of about 100 days.

Harvest: Harvest in early October. Stalks will be mostly brown, and the husks will be dry and the kernels hard. Test the cob by removing a few dried kernels and try popping them on the stove. If most of them pop, remove the ears from the stalks, husk the ears, and place them in a mesh bag or old nylon stockings to cure for about 2 to 3 weeks in a warm, dry, well ventilated area. Again, remove a few kernels and try popping kernels for a second time. If they pop, strip the kernels from the cobs and store in an airtight container in a cool, dry place.

Nutrition Information:

Popcorn is a whole grain full of fiber. It is naturally low in fat and calories. Air-popped (has only 31 calories per cup). Oil-popped (has 55 calories per cup). Lightly buttered (has 133 calories per cup).

How to Prepare:

Popcorn is a perfect low-calorie, high-fiber snack. Store-bought microwave popcorn can be full of fat and sodium so try making your own! Mix together $\frac{1}{4}$ cup kernels and $\frac{1}{4}$ tsp vegetable oil. Pour the coated corn into a brown paper lunch sack, and fold the top of the bag over twice to seal in the ingredients. Cook it in the microwave at full power for 2 $\frac{1}{2}$ to 3 minutes, or until you hear pauses of about 2 seconds between pops (watch closely and err a little on the un-popped side of things to avoid scorching the popcorn). Carefully open the bag to avoid steam, and pour into a serving bowl.

Nutrition Facts	
Serving Size 1 cup (plain, air popped)	
Amount Per Serving	
Calories 31	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Cajun Popcorn

Yields: 4 servings

Serving size: 3 cups (popped)

Ingredients

12 cups air popped popcorn (from ¼ cup kernels)

1 1/3 tsp seasoning mix (recipe below)

Ingredients for Seasoning Mix

2 teaspoon sea salt

1 ½ teaspoon paprika

1 ½ teaspoon cayenne pepper

Combine ingredients and mix well. This yields 5 tsp of seasoning, which is enough to prepare this recipe 4 times (or use on 48 cups of popped popcorn); can also be sprinkled on broiled fish, baked chicken or grilled zucchini and squash.

Preparation

Sprinkle seasoning mixture over hot popcorn. Toss to evenly coat. Serve immediately.

Try these other toppings as well:

- chili powder and a squirt of lime juice
- a drizzle of olive oil and a sprinkle of garlic powder or black pepper.
- nutritional yeast (not baker's yeast) adds a salty, cheesy flavor
- cinnamon and a dash of brown sugar!

Nutrition Facts per Serving:

95 calories, 3 g fat, 21 g carbohydrates, 3 g fiber, 3 g protein