



# BLUE CORNMEAL



## FIND LOCAL BLUE CORNMEAL IN ARIZONA:

- Ramona Farms: Sacaton, AZ
  - via Sun Produce
  - via Pivot Produce



BLUE CORN, Fresh and Ground



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## TEACH

### ARIZONA HARVEST FACTS!

- Compared to yellow or white corn, blue corn is nuttier, slightly sweeter, and has a coarser texture.
- Blue corn is prized not only for its vibrant color but also for its higher protein and lower starch content.
- Blue corn thrives in arid conditions, requires less water than many commercial crops, and is naturally resistant to pests and disease, making it an ideal crop for sustainable agriculture in Arizona.
- The deep-rooted varieties grown by Indigenous farmers are particularly well-suited to desert climates, preserving soil health and biodiversity.

## TASTE

### LOCAL RECIPE: BLUE CORN MUSH WITH ROASTED CORN

*A traditional Native American dish made from blue corn meal, juniper ash\*, and spices that will tantalize your taste buds and nourish your body.*

- Corn
- Canola Oil
- Black Pepper (ground)
- Fresh Parsley
- Salt
- Blue Corn Meal
- Juniper Ash\*
- Sour Cream

*\*Juniper Ash- It is commonly added to dishes, especially those using blue cornmeal, like blue corn mush, to enhance flavor, deepen the color, and improve digestibility.*

NSLP/SBP Crediting Information: 1 cup provides: ½ cup total vegetable, ½ cup starchy vegetable) and 2.5 oz eq grains

### QUICK MATH: FRESH BLUE CORN and BLUE CORNMEAL



1 oz eq grain = 1/2 cup cooked or  
1 ounce (28 gm) dry cornmeal

Corn, fresh without husks (5 to 6- inch length), Medium (Similar to Native White Corn and Native Whole Blue Corn) = 1 medium ear (about 1/2 cup cooked vegetable)