

Popcorn!

Did you know that you can grow popcorn?

There are three types of corn, which all look fairly similar: sweet corn, which you eat fresh while it's soft. There's also field corn, which is used for things like cornmeal, corn syrup, and for feeding farm animals. Aaaaand there's popcorn!

Popcorn is a whole grain, which develops a hard shell that will pop when heated. It's a healthy and quick snack, and it's easy to make even if you don't have those handy microwave packets. Give it a try at home!

Ingredients and Tools

oil - coconut or vegetable oil work well

popping corn - 1/3 of a cup of kernels will make about 10 cups of popped corn

1 large pot with a lid

Preparation

Heat oil in a large pot - have your lid ready.

Add a single kernel of corn - once it's sizzling, add the rest!

Put the lid on - your popcorn will hop right out of the pot without it.

Hold the handles of your pot and shake the pot gently back and forth to keep your popcorn from burning.

Remove it from the heat once the kernels have stopped popping, but let it sit for a few seconds before you open the lid.

Add a little salt, a little cheese powder, some melted butter or coconut oil, or other spices and enjoy while it's hot!