



# Beautiful Corn: America's Original Grain from Seed to Plate

*Anthony Boutard*

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## **Beautiful Corn: America's Original Grain from Seed to Plate** Anthony Boutard

Cultivated from sea level to mountaintop, from parched deserts to sodden rain forests, from the rocky Gaspé Peninsula to the plains of Argentina, corn is the grain of the Americas. In terms of culinary uses, it is amazingly diverse, reflecting the breathtaking variety of the continents and environments from which it evolved. The consummate immigrant, corn is grown extensively on every continent except Antarctica.

Market farmer and naturalist Anthony Boutard weaves together this unique plant's contribution to our culture, its distinctive biology, and the practical information needed to grow and enjoy it at home. *Beautiful Corn* advocates a return to the nourishing whole grain that built America, in place of today's genetically modified crops processed by industrial agriculture into synthetic sweeteners and cheap meat. Come along on this lyrical and inspiring journey through the seasons, learning about growing and using corn in the traditional way.

Gardeners and market farmers can lead the way to a healthier country by restoring heritage corn varieties to our tables. An unabashed celebration of a much-maligned culinary treasure, *Beautiful Corn* will forever change the way you view this remarkable plant.

**Anthony Boutard** is a widely recognized advocate in the local food movement, well-known for his efforts in reviving long-lost crops and bringing little-known varieties to market. He and his wife Carol own Ayers Creek Farm, a 144-acre organic market farm in Gaston, Oregon, specializing in berries, beans, grains, and greens for sale to local restaurants and markets.

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