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## Baby corn a vegetable

Corns are thick, hard skin areas on the legs. Although they are similar to calluses, they tend to be smaller, harder and more painful. The body develops corn to protect against constant abras and friction. Although they most often appear at the pressure points of the sides of the legs and the upper children, they can also develop between the other and the bottoms. In some people, corn is asymptomatic. In others, they can range from mildly uncomfortable to very painful. There are three types of corn. Hard corn is the most common. They usually develop in areas of thicker skin. Individuals with nerve damage often have such corn. Soft corns are white or gray and can appear between others. They have a spawning structure because the humidity between the tops keeps them soft. Seed corn usually develops at the base of the legs. damircudic/Getty Images Corn often starts as small bumps that rise from the skin and are contact. Some corns are flaking and dry, while others make the skin feel like wax. The main symptoms of corn are pain and tenderness under the skin. Over time, they can swell and turn red, especially when a person wears tight shoes. PeopleImages/Getty Images One of the most common reasons for corn development is tight or ill-suited shoes that place on print rolls and feet. When walking, shoes rub against the skin or create friction between each other. The skin begins to develop hard tissue to protect itself, which leads to corn. Wearing shoes without socks increases the risk of corn developing, since there is more friction between shoes and legs. Ill-suited socks can also lead to corn. zoranm/Getty Images In addition to going symy, bunions can increase the risk of getting sick with corn, since the bony bumps at the bottom of the big basket cause the shoes to fit and rub badly. Hammertoe, which causes others to curl up under the feet, creates friction that can lead to corn. Many other growths or malformations, such as bone spurs, can also cause constant rubbing. Jan-Otto/Getty Images Although corn and calluses are similar, there are some key differences between them. They are both hard skin areas, but corn tends to be smaller. Unlike calluses, corn has a separate center, which is often more difficult than the surrounding area. Corns are usually round, while calluses can take different forms. Calluses are usually painless, although repeated irritation can cause pain. Dressing shoes with plenty of room for toes is the best way to prevent corn. If the toes can't swing and move, the shoes are probably too tight. If corn develops even in properly suitable shoes, a person may require protective coatings. Felt pads, corn pads or bandages can cover areas that rub against shoes. Toe separators can block corn Between. Mehmet Hilmi Barcin / Getty Images If protective measures are taken to solve corns, bbisters recommend treatments such as soaking the foot in warm water to soften the skin, and using a punthstone file corn for round or lateral movement. It is important not to remove too much of the skin, as this can lead to infection. Moisturizing cream can help prevent corn from re-renewing, as can protective corn pads. Rasulovs/Getty Images Many stores offer corn removal pillows. These pillows contain salicylic acid, which can break down the hard skin of corn. However, it can also irritate healthy skin, so precaution is a must. In some cases, corn removal is not an option. Instead, it can be useful to buy wider shoes and wear thick, comfortable socks. This can prevent rubbing, as well as wearing sandals. asses /Getty Images If corn is particularly painful, it may require a medical examination. This applies in particular to people with diabetes, circulatory issues or sensitive skin. Health professionals, such as a aryt nurse, can X-ray crops that they suspect have developed due to underlying sleet problems. If a larger condition is to blame, the doctor will prescribe the treatment accordingly. francisblack / Getty Images For small corn, the doctor can start treatment by cutting out some of the ones around the corn on hard skin. Then they install a patch containing salicylic acid. The patient often needs to change the patch at home. Often this includes gently rubbing the area with punctionestone before applying a new patch. Severe maize or maize due to more serious conditions may require surgical removal. Doctors generally also recommend proper installation of footwear and protective pads. HRAUN / Getty Images Corn is an American favorite. It would be hard to imagine a summer barbecue without corn in a cob or a movie without popcorn. Corn is also rich in nutrients and a versatile ingredient in many vegetarian recipes. In this article, we will talk about growing corn, choosing and serving corn, and the health benefits of corn. CornCorn, a shallow annual that can grow to 4-3 meters high, is a member of the grass family. It produces one to three ear on top of the stem. The cores of sweet corn can be yellow, white, black, red or color combinations. Corn is not the easiest crop to grow in the vegetable garden of the home, and it does not give much yield to the space it is in. Common name: CornScientific Name: Zea maysHardness: Tender (dies in the first frost)In the next part, we will show you how to grow corn. You want more information about corn? Try: Growing corn can be a challenge for a domestic vegetable gardener because it requires attention and does not provide much return on the space where it is located. Corn can be grown in any area, but it takes time to ripen depends on the amount of heat it heats. Corn doesn't really hit before the weather warms up. Heats up, planted varieties may have two crops. Corn likes well-worked, fertile soil with good drainage and must have full sun. Sow the seeds directly in the garden on the average day of the last frost. Plant the seeds every 2-4 inches in short rows, forming a block instead of one, long row. Planting in clumps ensures pollination. For continuous supply, plant early, mid-season and late varieties at the same time. Maize can be grown in any area. When corn is about 6 inches high, thin short varieties every two meters and tall varieties one meter apart. Although corn can be grown closer together, the roots are then crowded and more watering and feeding is needed. Corn is a heavy nitrogen user. Fertilize in spring, when corn is 8 inches high, and again when plants are 18 inches high. The side dresses between the rows using a third of a kilogram of complete, balanced fertilizer on either side of a 3 meter long row. Hillland around plant roots at this time helps to support stems. Irrigation is very important. Keep the soil evenly moist. Corn often grows so quickly in hot weather that the leaves wither because the roots are not able to hold moisture in the leaves. Although corn requires a lot of water, avoid getting water for tassels. The pollen of tassels must fall into the cornbuffs in order to produce the tins, and if pollination does not occur, only the cob grows. Weat early and keep the sample cut. Remember that corn has shallow roots, and a powerful attack on weallies can destroy the crop. It takes 55-95 days to repair cornF from planting to harvest, depending on the variety and to some extent the weather. Fix the corn when the cores are soft and plump and the juice is milky. Types of maize There are a large number of varieties of maize available for home gardeners. Only a few of the good varieties available are listed below. Early Sunglow, harvesting for 63 days, is an early yellow variety that is good for short seasons. Butter & Sugar, harvesting for 78 days, produces white and yellow tins. Illini Xtra-Sweet, harvesting for 85 days, has yellow cores and is good to freeze. The Silver Queen, harvesting for 92 days, is a very popular white-core, sweet, high-eared variety. Sweet Temptation, harvesting for 72 days, is a delicious bicolor. The following section talks about choosing and preparing corn. You want more information about corn? Try: The ad ends Summer corn is by far the best ear in town. Although you can find good-tasted corn all year round, many out-of-season ears are not worth eating. Corn cores must be packed tightly in the cob. When buying fresh corn, make sure it was delivered in cold storage - as temperatures rise, the corn's natural changes to starch and corn loses some sweetness. Corn is best eaten within a day or two of picking. Corn shells must be and has visible cores that are chuddy and tightly packed in the coy. You can test the freshness by opening the core with your nails. The liquid that spurts out should be milky. If not, the corn is either immature or overcooked. When you are at home, cool the corn immediately. Tips for making and serving CornBoiling is a traditional method for making corncob, although grilling, steaming and even microwave get the job done. A couple of notes about boiling: Adding salt to the water will band corn; there is no need to add sugar; overcooking hardens the tins. Cook for as little time as possible - about 5 minutes. Keep reading to learn about the many health benefits of corn. You want more information about corn? Try: The ad Corn, one of the most popular and versatile vegetables, is also a good source of several nutrients. Corn is a low-fat complex carbohydrate that deserves a regular spot at any healthy table. These high-fiber, fat-fighting feel-good cores are also heartfelt and satisfying. Corn is a source of several vitamins. This popular food is rich in fiber. In fact, it is notoriously difficult to digest. But its insoluble fiber is the tops that deal with common digestive diseases (such as constipation and hemorts) by sucking water that swells the stomp and speeds up its movement. Corn is a surprising source of several vitamins, including folic acid, niacin and vitamin C. Corn folic acid is now known to be an important factor in preventing birth defects in the neural tube. It is equally important in the prevention of heart disease. research suggests that folic acid can prevent the accumulation of homocysthin, an amino acid, in the body. The long-term rise of homocsterin has been linked to higher rates of heart disease; Folic acid helps break it down. Nutritional values of fresh and cooked corn, yellow or white Deserving Size: 1 medium (7) ear Want to know more about corn? Try: Vegetarian recipes: Find delicious recipes with corn. Nutrition: Find out how corn fits into your overall nutrition plans. Vegetable gardens: Grow a full harvest of gorgeous vegetables this year. Gardening: We answer your questions about all the things that come from the garden. This information is intended for informational purposes only. THE PURPOSE IS NOT TO PROVIDE MEDICAL ADVICE. Suppliers of the Consumer Guide (R), Publications International, Ltd., author or publisher shall not assume any liability for any consequences of reading or monitoring this information with regard to medicinal products, procedures, exercise, dietary change, functioning or application. Publishing this information is not a medical practice and does not replace the advice of a doctor or other healthcare provider. Before treatment the reader must turn away doctor or other healthcare provider. Ad