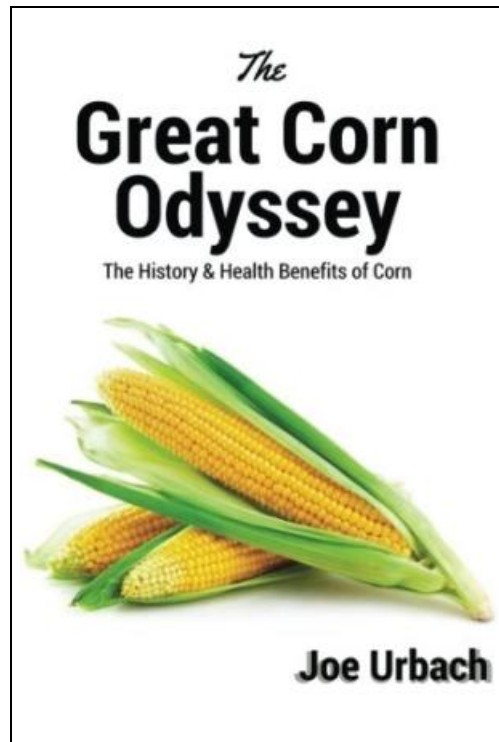


## The Great Corn Odyssey: The History Health Benefits of Corn (Paperback)



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### ***Reviews***

*Definitely one of the best book We have at any time go through. It is actually filled with wisdom and knowledge I am quickly could get a delight of studying a published book.*

*(Dr. Kim Bergnaum)*

## THE GREAT CORN ODYSSEY: THE HISTORY HEALTH BENEFITS OF CORN (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Corn, there is no food in America that has a bigger effect on our lives. And there is no other food so truly American as corn. It is the country's biggest crop. Its origin is in the Americas. It is more American than apple pie! Its history is both interesting and telling of how we human beings have been modifying our food for some 10,000 years! That's why author Joe Urbach wrote this book, to share this fascinating information and to, hopefully, teach as many people as possible how to grow, purchase, and consume the healthiest most phytonutrient-rich and antioxidant-dense corn we possibly can! The bright yellow, mouth-watering summer treat we all know so well does not grow in the wild anywhere on planet Earth, so its ancestry was a mystery only recently discovered. While other grains such as oats, wheat and rice have obvious wild relatives, there is no wild plant that looks like our modern corn, with soft, starchy kernels arranged along a cob. None. Not anywhere on the planet. The abrupt appearance of corn in the archaeological record baffled scientists for many years. Good old corn on the cob, no other food has changed so dramatically from its ancient roots. Taking a look at corn's great odyssey is a good way of understanding how much our food has changed over the past 400 generations. In this book, author Joe Urbach reveals just how incredibly nutritious corn can be as he delves into the history of this -King of Grasses- from its ancient roots right up to its modern day involvement in the hot button issues surrounding the GMO controversy.



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