

CHAPTER 1

INTRODUCTION

1.1 Background

Corn is one of the world's most important food crops, in addition to wheat and rice. Several regions in Indonesia (Madura and Nusa Tenggara) use corn for a staple of food, as well as a source of carbohydrates. All part of corn can be used, including hair.

Corn Silk is an extension of the stigma of the female flower corn. At first the color of corn hair is usually light green, then will turn red, yellow, or light brown depend on their varieties. Function of Corn hair is to trap the powder sari for pollination. While the corn itself has been eaten by people and the stalks used as feed for livestock, the silk that grow from an ear of corn can be used to create corn silk tea, a drink filled with a vast array of great health benefit.

Not so many people know that Corn Silk (*Zea mays L.*) have a lot of benefits for our health. It's contain of vitamins and nutrients such as vitamin B, iron, zinc, calcium, magnesium and phosphorus. Corn silk tea also contains a high concentration of Flavonoid that can protect our skin from the sun because corn silk is suspected potentially to be used as a sunscreen. (Abdiana, Riestya; Dwi Indria Anggraini. 2017)

The chemical composition of Corn Silk can be used to decrease cholesterol levels in the blood. They have very significant effect on reduction in total cholesterol, triglycerides and LDL cholesterol and increase HDL cholesterol levels (40mg/ dl or more is good for health). LDL buildup in blood vessel walls can cause hardening of the arteries (atherosclerosis) and block blood flow which can make the trigger coronary heart disease and stroke. (Wijayanti, Fitri. 2016)

High blood sugar levels can cause diabetes, kidney problems, and stroke. According to a study that has been published in the Journal of Nutrition and

Metabolism in 2009, corn silk can help lower blood sugar levels. The results showed that corn hair can increase insulin levels and help repair damaged cells in the pancreas, where the insulin is produced. (Sikamdani, Indah Ayu)

1.2 Objective

1. Providing a healthy tea from Corn Silk packed hygienically for competing in Indonesia's food Industry.
2. Inovating a unique product that will bring Corn Silk as a common variant of tea.
3. Give some information about how to make a Corn Silk Tea.