SWEET CORN

Strictly speaking, corn is not a vegetable, but a grain native to the Americas. The sweet, or sugar, corn we enjoy today is a mutation of Indian field corn. Nothing is as American as corn-on-the-cob, and sweet corn has plenty of complex carbohydrates and fiber.

USES & PREPARATION

Boil: Remove husks and cook 8 to 10 minutes in rapidly boiling, unsalted water.

Microwave (on High):
1 ear—3 to 5 minutes
2 ears—4 to 9 minutes
3 ears—9 to 12 minutes
4 ears—12 to 17 min.
Rinse and dry corn with husks pulled back. Pull husks up to cover corn, then rinse with husks on. Do not dry. Arrange like spokes on paper towel; cover with wax paper; cook. Let corn stand for 5 to 10 minutes after cooking. Carefully remove husks, using heavy toweling to avoid burns.

SELECTION

Look for healthy green husks, plump kernels and silks that are moist and light golden, not brown and brittle.

STORAGE

Use fresh corn as soon as possible. Refrigerate unhusked in a plastic bag for up to 2 days.

NUTRITION INFORMATION

Low fat & cholesterol free
High in fiber
Very low in sodium
Good source of vitamin C and carbohydrates

AVAILABLE FRESH

June–September

RECIPES

HERBED CORN ON THE COB

6 ears fresh corn
2 tablespoons margarine
1 teaspoon dried salad herbs (available in stores, optional)

Prepare corn for microwaving according to directions in box to the left. Microwave on high for 16 to 18 minutes, turning corn around/over after about 8 minutes. Let stand 5 minutes, then remove husks. Combine softened margarine and salad herbs. Spread 1 teaspoon of margarine mixture over each ear of corn.

CORN CHOWDER

1 tablespoon margarine, plus
3 tablespoons margarine
1 onion, chopped fine
4 medium potatoes, peeled and diced
3 cups water
2 cups corn kernels
3 cups milk
Salt and pepper

Brown onion in margarine, cook for 5 minutes. Add potatoes and water, cover and cook until potatoes are just tender. Add corn and milk and cook 5 minutes more. Before serving, add the margarine and salt and pepper to taste, and reheat.

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