



## UF | IFAS Extension UNIVERSITY of FLORIDA

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# 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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