

Vegetable of the Week - Sweet Corn



When is sweet corn in season?

May through October

How do I buy sweet corn?

Corn should be in husks. Husks should be fresh green color and with a tassel. Avoid corn with wilted or dried husks. Avoid ears with insect or worm damage. Cobs should have small, shiny, kernels. Avoid underdeveloped kernels or ears with very large and mature kernels.

How do I store sweet corn?

Sweet corn should be kept cold so the kernel doesn't become tough. Use within 4-5 days. Store corn in the husks in the coldest part of the refrigerator.

How do I prepare corn?

Eat as soon as possible after picking. Remove the husk and silks just before cooking. Drop ears of corn into enough boiling water to cover. Cover and boil 6-12 minutes; steam for 10-15 minutes. Microwave for 5-8 minutes.

Microwaving or steaming preserves nutrient value.
6 ears = about 3 cups of kernels. 1 ear per person.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?





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STEPS TO A HEALTHIER YOU

Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

Recipe

Sweet Corn on the Grill



Corn can also be cooked on the grill:

Remove the outer layer of husk, and pull down the inner layer. Remove the silks and dip corn, husk and all, into water. Drain. Pull husk back around ear and place on medium hot grill for 20-25 minutes, turn frequently. Remember to remove the husk before eating.

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

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The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.