



Sweet Corn

Growing & Harvest Info

Plant sweet corn seeds outdoors two weeks after the last spring frost date. Seeds need to be 1.5-2 inches deep in rich soil and 4 to 6 inches apart. Water well in full sun.

Harvest the sweet corn when tassels begin to turn brown and the cobs swell. Pull ears downward and twist to take off the stalk. Prepare for eating or preserving immediately after picking, for sweet corn varieties quickly lose their sweetness soon after harvesting.

Nutritional Benefits

Sweet Corn

Source	Rating
Vitamins	GOOD
Minerals	MODERATE
Fiber	GOOD

Introduction

Sweet corn is a domesticated crop that originated in the Americas. It is used as livestock feed, biofuel, and human food! It is one of the most widely distributed food crops. Grocery stores usually carry three types of sweet corn: yellow, white, and bicolor.

Preservation

Storage:

- Refrigerate as soon as possible after it has been picked
- Do not remove husks until just before preparing

Freezing:

- Boil a large pot of water
- Shuck the corn
- Use tongs to put the ears of corn into the water for 3 minutes
- Fill a large bowl with ice cold water to put in the ears of corn after the boiling is finished
- When corn has cooled, cut the kernels from the cobs
- Place the kernels into a freezer bag and place in freezer

Canning:

- Place corn in boiling water for 2 minutes
- Cool immediately in a large bowl of ice-cold water
- Cut off the kernels, but not into the cob
- Pack into canning jars
- Add boiling water with 1-inch headspace, with 1/2 tsp. of salt per pint
- Place lid on cans and put in a pressure canner to process.

For more information on canning visit: www.freshpreserving.com

Sweet Corn state	Use by
Raw	5-7 days
Frozen	6 months
Home-Canned	1 year



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Preparation

Recipe 1: Grilled Corn and Bean Salad

Serves 12 , Preparation 35 minutes

Ingredients

- 4 fresh ears of corn, husks removed
- 1 can of black beans(15 oz.), rinsed and drained
- 1 can chickpeas (15 oz.), rinsed and drained
- 1 cup loosely packed fresh cilantro leaves, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1/2 jalapeno pepper, seeded and finely chopped
- 1 teaspoon kosher salt
- Freshly ground black pepper

Directions

- Preheat a grill on high for 5 minutes. Reduce the heat to medium high and grill the corn until some kernels are black, about 12 minutes. Remove corn allow to cool.
- Cut off the kernels
- Add the black beans, chickpeas, cilantro, green and red bell peppers,

With slow digesting complex carbohydrates, dietary fiber in corn helps regulate a gradual increase in blood sugar levels.

Prepare Sweet Corn

Like This:

Pureed	Baked
Roasted	Boiled
Sauteed	Grilled
Slow-Cooked	Microwaved
Steamed	

Try Sweet Corn In:

Casseroles
Dips
Pastas
Salads
Soups
Stews