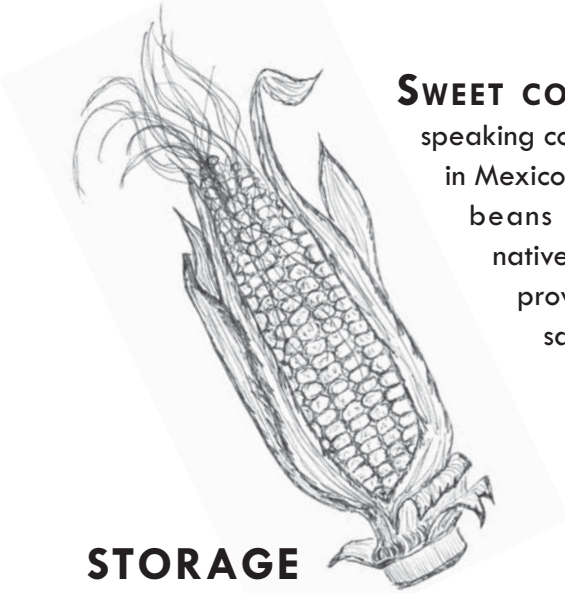


CORN, SWEET



SWEET CORN, known as maize in Spanish speaking countries, is believed to have originated in Mexico over 80,000 years ago. Corn, squash, and beans were known as the “three sisters” by native inhabitants of the Americas. Corn grows tall and provides a stalk for the beans to grow up around. The squash grows on the ground and prevents weed competition. Sweet corn is harvested in late summer through the early fall in the Northeast.

STORAGE

- ◆ Corn is best eaten while very **fresh**. After harvest, corn’s natural sugars turn to starch.
- ◆ Store corn in the refrigerator with the husks on.
- ◆ **To freeze corn**, blanch the whole cob in boiling water for 3-5 minutes, rinse under cold water and drain. Either remove kernels from cobs or pack whole cobs in freezer bags.

PREPARATION

◆ Strip off the husks and silk and gently brush with a vegetable brush to remove any clinging silky threads. Rinse the corn with water and then boil for 6-8 minutes or steam for 10 minutes. **Rinsing boiled or steamed corn with cool water after cooking** stops sugars from turning to starch and makes the corn taste sweeter.

Serve with butter and salt.

◆ You can also **oven-roast or grill** corn in their husks. Soak the cobs with the husks on in water for at least 1/2 hour. Place in a 450°F oven or on the grill over medium coals. Cover the grill and turn occasionally. After 12-18 minutes, remove from heat. When cool enough to handle, peel and serve.

◆ Cut cooked corn kernels off the cob and add to salads, soups, stews, baked dishes, stir-fries, breads, or rice.

◆ **Very fresh corn can be enjoyed raw!** Try eating it on the cob or cutting it off and adding to a summer salad.

Nutritional Information

Corn is a good source of plant proteins, but it is deficient in some of the essential amino acids the body needs. Beans, other vegetables, or dairy can provide the missing amino acids. Corn is high in the B vitamin folate. A healthy diet with enough folate may reduce a woman’s risk of having a child with certain birth defects of the brain or spinal chord.

Corn Recipes

Corn on the Cob

Corn
Butter
Salt



Remove the husk and silk from the corn. Boil enough water to submerge the amount of cobs you wish to cook. Put the corn in the boiling water for 6 to 8 minutes—no longer! Serve with butter and salt.

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Corn Chowder (Serves 4-6)

2 cups of water
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup diced potato
1/2 cup chopped parsley
1 clove garlic, crushed
1 cup fresh raw corn (you can use dried or frozen)
2 cups milk or 2 cups light cream
Salt and pepper to taste
Butter



Simmer the water, onion, celery, potato, parsley and garlic until half cooked—about 10 minutes. Add the corn. Simmer gently with the other vegetables until nearly done, not more than a few minutes. Add the milk, salt and pepper and bring the soup to almost boiling. Serve with a dot of butter.

Recipe reprinted with permission from Linda Drake from: [From the Farm to the Table](#), by Linda Drake, the UConn Cooperative Extension System EFNEP and the Hispanic Health Council, Inc., 1996.

Corn Bread

Dry ingredients

1 cup all purpose flour or whole wheat flour
1 cup yellow cornmeal
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Wet Ingredients

1 egg
1 cup buttermilk
1/4 cup honey
1/4 cup maple syrup
3 Tablespoons oil

1 cup fresh or thawed frozen corn kernels

Preheat oven to 400 degrees. Grease an 8 inch square pan. Combine all the dry ingredients in a large bowl. Using a whisk combine all of the wet ingredients in another bowl. Gradually add the wet into the dry and combine, then stir in the corn. Pour the batter into the greased pan (a cast iron skillet works well) and bake for 20 minutes. Let cool before cutting.



Recipe contributed by Earthfriends, Teacher's College, Columbia University