

sweet corn

select

Choose ears with green husks, fresh silk and tight rows of kernels.

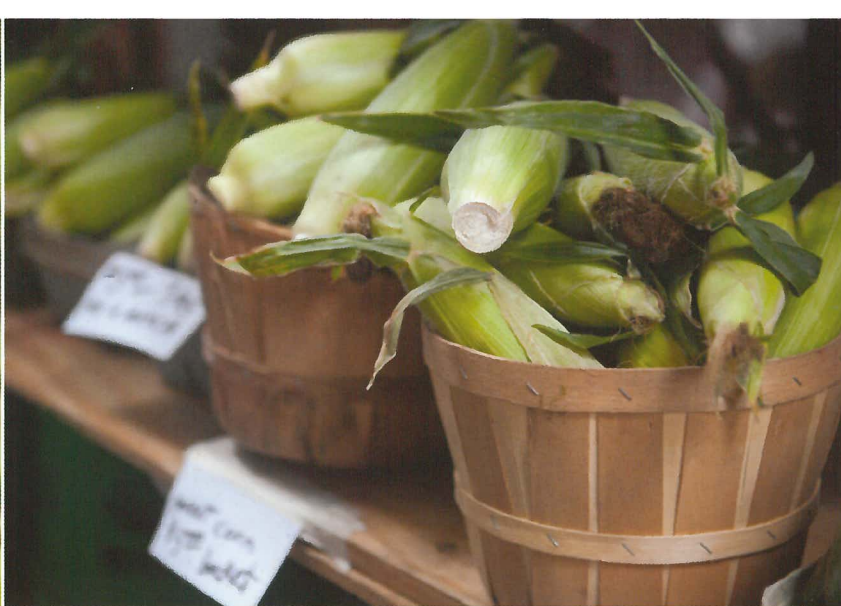
store

Store corn in the refrigerator. Do not remove husks until ready to eat. Use within 1 to 2 days.

prepare

Remove the husks and silk from the corn cobs.

1 ear corn = 1 cup kernels



The best tasting sweet corn is corn that is picked fresh from the garden and cooked.

Choose the freshest corn you can find in your garden, at the Farmers' Market or grocery store. Boil, microwave, stir fry or grill sweet corn for delicious summer meals.



try one of these flavors:

Traditional Corn - serve with a little butter, salt and black pepper.

Mexican Corn - rub cooked corn on the cob with lime wedges and a little salt.

Spicy Corn - drizzle cobs with garlic salt, lime juice, cayenne pepper, cumin and a little butter.

Herbed Corn - sprinkle with chopped fresh cilantro or basil.

Hint: very fresh corn or super sweet corn may need a short cooking time, while older corn may need to cook longer.



boil sweet corn

step 1 Remove the husks and silk from the corn.

step 2 Place the cobs in a kettle of boiling water.

step 3 Cover the pan and return to a boil. Boil the corn for 3 to 5 minutes or until tender.

microwave sweet corn

step 1 Remove the husks and silk from the corn.

step 2 Wet a paper towel and wring it out.

step 3 Wrap the corn in the moist paper towel.

step 4 Cook in the microwave for 2 minutes for each cob of corn.

stir fry sweet corn

step 1 Remove the husks and silk from the corn.

step 2 Cut the kernels of corn off the cobs.

step 3 Heat 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the raw corn kernels to the skillet.

step 4 Stir and cook for 2 to 3 minutes or until tender. Add a dash of water while cooking if needed.

grill sweet corn

step 1 Pull back the husks and remove the silk from the cobs of corn. Pull the husks back onto the cobs.

step 2 Soak the whole cobs in cold water for 15 minutes.

step 3 Place the ears of corn on the side of the grill away from the direct heat. Cover and cook for about 15 minutes.

step 4 Remove from the heat, remove the husks and eat.