



# Fresh Corn



## Selecting Fresh Corn:

- Choose corn that is displayed in a cool place because heat changes the flavor.
- Look for corn with fresh, green husks. Check the kernels by pulling back a part of the husk. Kernels should be plump and tightly arranged in rows. Test for juiciness by pressing on a kernel with your fingernail; fresh corn releases a white milky substance.
- Try to purchase corn the same day you will cook it because it loses flavor quickly.

## Measuring Fresh Corn:

3-4 ears = 1 cup kernels

## Handling and Storing:

- Do not remove the husk before cooking; it will protect the flavor by keeping it moist.
- Store corn in a plastic bag in the refrigerator and eat as soon as possible.
- **To freeze:** remove husks and boil whole cob for 7 to 11 minutes (bigger ears take longer); quickly put cobs in ice water for 1 minute, drain. Remove corn from cob using a knife or freeze cobs whole. Put divided portions of corn into separate freezer-safe bags; seal, date & store. Whole corn on the cob will keep for up to one year and kernels for 2 to 3 months. Defrost in the refrigerator.

## Preparation and Serving:

- Corn can be steamed, baked, broiled or grilled with the husk on or off. Serving in the husk is convenient and helps lock in the flavor by keeping the corn moist.
- **To prepare:** pull back the husk from each ear leaving it attached at the base of the cob. Pull off any silky strands, trim away damaged kernels, & wash. Pat ears dry and rub with butter, olive oil, or lime juice and season with salt, pepper, garlic or any of your favorite seasonings. Pull husks back up around cob, tear off a strip of the husk and tie it around the cob to keep husk in place. If cooking with a dry heat method, soak corn in room temperature water for 20 minutes to keep husks from burning: bake 20-25 minutes, broil 5-8 minutes on each side, or grill 15-20 minutes.
- Corn may also be boiled without the husk for 7-11 minutes depending on its size, bigger ears take longer. Do not salt the water because it will make the corn tough.
- Overcooking also makes the corn tough; avoid this to keep corn sweet & juicy.
- Enjoy corn sautéed with other vegetables, added to salads and side dishes, or mix it in to your favorite dip to give it color and sweetness!

**Nutrition Facts:** one serving = 1 medium cob: Calories 90, Protein 4 grams, Carbohydrates 18 grams, Sugar 5 grams, Fat 2 grams, Fiber 2 grams. Fresh corn is a good source of vitamin C and the B vitamins thiamin and folate.

**References:** [http://www.fruitsandveggiesmorematters.org/?page\\_id=218](http://www.fruitsandveggiesmorematters.org/?page_id=218), <http://whatscookingamerica.net/corn.htm>, <http://southernfood.about.com/library/info/blequivc.htm>, <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2973/2>, <http://www.mahalo.com/how-to-freeze-corn>, <http://homecooking.about.com/od/vegetable-recipes/ht/cornonthecob.htm>, <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=90#purchasequalities>

## Blueberry Cornbread Muffins \$

Serves 6

### Ingredients:

1 cup yellow cornmeal, preferably stone-ground  
1 cup flour  
1/2 cup granulated sugar  
2 teaspoons baking powder  
1/2 teaspoon sea salt  
1 large egg  
1 cup 2% milk  
6 Tablespoons unsalted butter, melted and cooled  
1 cup blueberries  
1 cup (about 2 ears) fresh corn kernels  
1 Tablespoon turbinado sugar, optional



### Preparation:

Corn: Shuck fresh corn cobs and steam for 10-15 minutes covered or add cobs to a pot of boiling water for 5-10 minutes. Time range depends on how soft you like your corn.

Preheat oven to 400°F. Place baking liners in a 12-cup muffin pan and set aside. You can also grease an 8½ x 4½ x 2½ loaf pan.

Combine cornmeal, flour, 1/2 cup granulated sugar, baking powder, and salt in a large bowl and set aside. In a separate bowl, whisk egg, milk, and butter together and stir into dry ingredients until just barely combined. Do not over mix; batter should look lumpy. Gently fold in blueberries and corn.

Divide batter among muffin cups (or pour into loaf pan) and sprinkle with turbinado sugar, optional. Bake until a toothpick or fork inserted into center of muffins comes out clean, about 25 minutes. Cool on a wire rack. Serve and enjoy!

### Approximate Pricing Scale

\$ = less than \$15    \$\$ = \$15-\$20    \$\$\$ = \$20-\$25