

Sweet Corn

Husk. Wash. Cook. Eat. How easy is that?



Pick a **better** snack™



Did you know? Sweet corn is the second most favorite vegetable, ranking just after fresh tomatoes in a recent survey. And no wonder, since roasting ears are a nutritious and delicious delight!

Buying and storing tips: Kansas-grown sweet corn is in season from early July to the middle of September. When buying corn, look for fully ripe ears that have bright green, moist husks and stiff, dark and moist silks. The rows of corn should be uniform and filled with plump kernels. Refrigerate sweet corn immediately after taking it home to help the corn retain its natural sweetness. Cook corn-on-the-cob as soon as possible for best flavor.

On the Go – with Sweet Corn! • Take cooked sweet corn with you on your next outing. • Eat sweet corn plain, or use a fat-free buttery spray for additional flavor. • To cook sweet corn, heat enough water to submerge the cob. Meanwhile, remove husks and corn silks and rinse the ear under cool running water. Boil for 4 minutes. • Sweet corn can also be cooked in the microwave. Peel down husks and remove corn silks. Rinse ear. Pull husks back up to cover corn. Place on a microwave-safe dish and cook on high heat for 2 minutes. Let stand another 2 minutes before removing husks. • You may wish to slice cooked sweet corn kernels off of the cob and add them to your favorite corn recipe. • Frozen corn and canned corn are quick options that are available all year. **(Open can or bag. Cook. Eat. How easy is that?)**

Sweet Corn. Husk. Wash. Cook. Eat.
(How easy is that?)



For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

