

CORN

Recipe

Corn Relish Salad

Nutrition

One medium-size ear of corn (½ cup) is:

- 99 calories
- A good source of dietary fiber.
- A source of vitamin C, folate, niacin and thiamin
- A source of yellow carotenoids such as lutein and zeaxanthin (*zee-uh-zan'-thin*) that give corn its yellow color, the deeper the color, the more carotenoids

Yellow carotenoids may help maintain eye health. They are also associated with reduced risk of certain cancers, improved cardiovascular health, and improved mental procession.

The fiber in corn can help improve digestion and may help or prevent constipation.

History

Corn or maize is native to America, possibly originating in central Mexico. From Mexico it spread north to the United States and was later exported to Europe rather than imported to America like other grains. It was the most important cultivated crop in ancient times in America.

Today there are many types of corn including, flint corn (also known as Indian corn), dent corn (often called "field corn") and sweet corn.

Publications

[Growing Sweet Corn in Home Gardens, SP291-E](#)

[Canning Foods, PB724](#)

[Freezing Foods, PB1483](#)

[Let's Preserve Corn, Penn State Extension](#)



Growing Season in Tennessee

June-September

Selection

Choose corn that has:

- Bright green, moist husks that are tightly wrapped against the cobs. If you see tiny holes, these can be wormholes.
- Plump and plentiful kernels (feel kernels through the husk rather than peeling it back). The corn should feel firm and heavy when you pick it up.
- Brown and sticky tassels.



Quantity



A bushel of corn on the cob is about 35 pounds. A bushel of shelled corn (after husks and cobs are removed) is about 56 pounds.

For canning and freezing: one bushel makes about 8 to 9 quart jars of kernels. About 4 to 5 pounds are needed for one quart jar.

Storage

- Keep corn moist and cool. Refrigerate as soon as possible.
- Refrigerate corn in husks in a bag for 2 or 3 days; eat within 24 hours for best flavor and texture.
- For longer term storage, corn can be canned, frozen and dried.



Food Preservation



Corn must be removed from the cob before canning and processed in a pressure canner for safety.

Corn should be blanched on the cob for 3 minutes before canning. For freezing, allow 9 minutes for medium ears (7 minutes for small and 11 minutes for large).

Preparation Tips

- To clean an ear of corn, peel away the outer leaves until there is only a thin layer of leaves remaining around the ear. Peel back the leaves at the tip of the cob just until you can see the top few rows of kernels. Grasp the tops of the leaves and the tassel together in one hand. Grip the bottom of the ear of corn you're your opposite hand. Pull straight down in one firm tug. Gather the leaves and silks in one hand and snap them off at the base of the ear. Run your fingers over the cob and pick away any remaining silks. (Tip: Microwaving ears for a minute or two before shucking will make removing the silks easier.)

- Immersing the corn in ice water after cooking for 5 minutes in a large pot of boiling water will result in a crispy texture.
- To cut corn from the cob, cut off the tip of the cob to flatten. Place an ear of corn, tip side down, on a cutting board or wide bowl, holding it near the base of the ear. (Tip: Place the cob straight down in the center hole of a bundt pan. All of the kernels will fall into the pan. Try not to scratch the interior of the pan if has a non-stick finish.) Using a sharp knife, start at the top and cut downward with a gentle sawing motion, cutting corn from the cob at about two-thirds the depth of the kernels. Continue cutting until all of the corn is removed. (Tip: If you keep hitting your knife against the edge of the bowl, cut the cob in half and place the flat side down in the bowl and cut straight down.)
- To make cream-style corn, run the edge of the knife down the cob to scrape milky white fluid from cut kernel.

Food Safety



It is important to wash produce thoroughly under running water just before eating, cutting or cooking. Washing corn with soap or detergent or using commercial produce washes is not recommended.

Corn Relish Salad Talking Points

1. Always begin with clean hands and utensils, and a clean area for preparation.
2. For best quality, keep corn moist by refrigerating in husks in a bag for 2-3 days. Eat within a day or two for best quality. Storing fresh fruit and vegetables for a long period results in loss of nutrients.
3. Remove the husks and the silks of the corn before cutting away from the cob. (See instructions under "Preparation Tips.")
4. Cut corn from the cob with a sharp knife (See instructions under "Preparation Tips.")
5. Using chopped cucumber with the peel helps provide texture and some dietary fiber to this dish. Be sure to wash cucumbers thoroughly under running water. A vegetable brush is helpful.
6. Any type of onion can be used in this dish depending on the flavor and color you want. Green onions, also called scallions, are young shoots of bulb onions, and can be milder tasting than large bulb onions. Select green onions with crisp, bright green tops and a firm white bulb. One bunch is about $\frac{1}{4}$ pound and makes $\frac{1}{2}$ cup sliced. Wash them thoroughly under running water. To store leftovers, wrap them in a plastic bag and refrigerate. They should last up to 5 days. Store them in the refrigerator away from corn and mushrooms, and other foods that will absorb the odor.
7. This simple salad dressing can be used on a variety of vegetables. For stronger flavored vegetables, store covered in the refrigerator for a few hours or overnight before eating.



NOTES

