

PLANT * GROW

- * Corn is an annual plant. Seeds must be planted each year.
- * Corn requires rich, fertile, consistently moist soil. Corn does not like cold, wet soil. Plant when soil temperature reaches 60-85°F. You may need to fertilize several times per season if your plants are nutrient deficient. Signs of nutrient deficiency:
 - ♦ Purple tinted leaves: phosphorus deficiency.
 - ♦ Pale green leaves: nitrogen deficiency.
- * Because corn is wind pollinated, plant individual varieties in blocks of 4 rows. (Corn varieties need to be separated by at least 1/2 mile to prevent cross pollination.)
- * Space rows 24-30" apart. Sow seeds every 4". Seeds emerge in 7-14 days.
- * When seedlings are 4-5" tall, thin plants to 8-12" apart.
- * Mulch around plants to help suppress weeds and to keep moisture in soil.
- * Harvest corn when kernels are full and if pricked, release a "milky" liquid rather than a "clear" liquid. Drying and browning of the ear silk is a good indicator of readiness.
- * After harvesting, ears should be cooled as quickly as possible and stored at 34°F.

Cornell University Home Garden Websites:

General gardening:

<http://gardening.cals.cornell.edu/>

Corn specific:

<http://www.gardening.cornell.edu/homegardening/scene05f6.html>

PURCHASE

- * In New York, fresh corn is usually available starting in July.
- * Choose ears with green husks, fresh silks and tight rows of milky kernels.
- * Sweet corn types vary in color and sugar levels.
- * Sweet corn begins to lose sweetness just after being picked because sugar is converted to starch. Eat freshly picked corn as soon as possible for best quality.
- * Keep fresh corn (with husk on) in a bag in refrigerator until ready to husk, cook, and eat. Use within 1-2 days.

ENJOY YOUR CORN

- * Corn is low in fat, saturated fat free, sodium-free, and a good of fiber and starch.
- * Add corn to soup, whether it's chili or chowder, to enhance the soup's hardiness.
- * Add corn kernels and diced tomatoes to guacamole or salsa.
- * For a little different texture, add corn to your cornbread or corn muffins.
- * Make a corn relish to serve as a side dish or salad by combining chopped vegetables and beans mixed with vinaigrette, corn, and chopped tomatoes.

Websites for Healthy Eating:

USDA: www.myplate.gov

Cornell University Food & Nutrition Education in Communities (FNCE): <https://fnec.cornell.edu/>

PRESERVE

- * To freeze corn, preserve within 2-6 hours after picking for the best quality. In boiling water, blanch small ears 7 minutes, medium ears 9 minutes, and large ears 11 minutes. Cool immediately in ice water bath. Cut kernels off cob and freeze in freezer bags or containers. Remove air in bags and stack in freezer.
- * Corn can NOT be safely canned in a hot water bath canner. Corn must be processed in a pressure canner.

Food Preservation Websites:

National Center for Home Food Preservation:
www.homefoodpreservation.com

CCE Herkimer County Food Preservation Resources: <http://blogs.cornell.edu/cceherkimer/programs/local-foods/food-preservation-resources/>



RECYCLE * COMPOST

- * Disease free corn scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- * Vegetable scraps are the "green" additions to your compost.

Composting Resources:

Cornell Waste Management Institute:
<http://cwmi.css.cornell.edu/resources.htm>

Composting at Home publication:
<http://cwmi.ccs.cornell.edu/smallscale.htm>

PREPARE

- * Microwaving fresh corn: Husk corn, remove silk and wash. Wrap in plastic wrap or place in tightly covered dish with 1/4 cup water. Microwave on high: one ear: 2-5 minutes; two ears 4-10 minutes. Turn over and rearrange half way through cooking time. Let stand 5 minutes.
- * Grilling fresh corn: Open husk but do not remove leaves. Remove silk and wash the kernels. Soak the un-husked corn in water for 1-2 hours. Shake off excess water and place on grill Or, husk the corn, wash and wrap in foil before grilling. Grill corn 20 minutes or until desired tenderness, turning frequently.
- * Sprinkle your corn-on-the-cob with a little Parmesan cheese or some of your favorite herbs and spices, such as chili powder, parsley, and chives.

Corn Salad

- 4 ears of corn (cooked; kernels cut off of cob to make about 2 cups)*
- 1 large red pepper, chopped
 - 2 large green peppers, chopped
 - 1 sweet onion, chopped
 - 8 ounces low-fat Monterey Jack cheese, diced
 - 1/4 cup Italian dressing
 - 1/2 teaspoon sugar (optional)
 - Taco seasoning to taste (optional)

Mix all ingredients. Serve warm or cold.

*Canned or frozen corn can be substituted.

Yield: 12 servings; serving size 1/2 cup (80 calories, 3 grams fat, 0 grams trans fat, 2 gram fiber, 95 mg sodium)

Quick Corn Chowder

Place the following in a saucepan:

- 2 cups diced potatoes
- 1 medium onion, chopped
- 1 cup water

Cook until potatoes are tender.

Add:

- 1-1/2 cups milk
- 1-16 ounce can corn or 2 cups cooked corn (frozen or fresh cut off cob)

Heat and serve; season as desired .

Yield: 12 servings; serving size 1/2 cup (70 calories, 0 grams fat, 0 grams trans fat, 2 grams fiber, 20 mg sodium)



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HerKimer County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



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Creating Healthy Places

Sweet Corn



HerKimer County Produce Cycle

