

Corn Cooking Tips:

- Cook and eat as soon as possible after harvest. The sugars quickly turn to starches once the ear is picked. Keep refrigerated or on ice to slow this process.
- Steam corn in 1-2 inches of water for 6-10 minutes, or drop ears into boiling water for 3-6 minutes. Inner leaves may be left on if desired.
- Roast unhusked ears in the oven, an outdoor grill, or over a campfire for about 20 minutes.
- Can be added to chowders, stews, soups, baked dishes, stir-fries, omelets, cornbread, pancake batter, quiches, salads, bean dishes, fried rice, etc.
- Try a colorful vegetable salad: Mix corn kernels, diced red or green bell pepper, and sweet onion rings with lemon juice, oil and your choice of herbs or a favorite vinaigrette, Marinate 1 hour
- It is not uncommon to find a worm or two enjoying your corn. No need to discard the whole cob—simply cut out the damaged part.