



Sweet Corn

What is it?

Organically grown sweet corn is a special treat. We attempt to grow it every year, but there is no guarantee. We plant our corn later than the farmers around us so the pollen from their varieties will not contaminate ours. We also plant grasses the season before and then rototill them into the soil to provide nutrition to the soil which the corn uses to grow. Our corn is grown without the use of any additional fertilizers. Since it is not sprayed, you may find a few worms in the corn. No need to panic...just cut them out and everything will be fine. The corn is delicious.

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Storage Tips

Refrigerate sweet corn as soon as possible with husks on. The longer you wait to eat it, the more sugar will turn into starch, and the corn will lose its sweetness. To freeze: Blanch on the cob for 3-5 min, rinse under cold water, and drain. Dry corn well, cut off the kernels with a knife, and then pack it into airtight freezer containers.

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Usage Tips

To prepare sweet corn, peel off husks and silk. Boil in water for 5 - 8 minutes and serve hot with plenty of good butter and salt. For an incredibly tasty summer treat, you can also grill corn in the husk: place the corn in its husk in water for 10 min, then place on grill for 15 min. Or you can remove the husk, coat the ear in butter and salt/pepper, then wrap in foil, and grill for 15 min.

A Vegetable E-booklet



RECIPES

Mexican Grilled Corn with Green Chile Honey Butter

INGREDIENTS

- 6 ears of sweet corn
- 1 stick (8 tablespoons) unsalted butter
- 1 -4.5 oz can Chopped Green Chiles, drained
- 1 chipotle pepper in adobo
- 1/4 cup fresh cilantro
- 2 teaspoons honey
- 1/2 teaspoon ground cumin
- 1 teaspoon kosher salt, more if needed

Adapted from www.halfbakedharvest.com

INSTRUCTIONS

1. Preheat the grill to medium high heat.
2. Pull outer husks down to base, strip away silk. Fold husks back into place to cover kernels.
3. Grill for about 5 min on each "side"– rotating corn 4-5 times. Once corn is finished, remove husk, place back on grill until lightly charred, about 5 more min.
3. Meanwhile, add butter, green chiles, chipotle pepper, cilantro, honey, cumin, and a large pinch of salt to bowl of a food processor, pulse until combined.
4. Spread butter over warm corn. Serve with salt, cilantro, and limes.

Corn Chowder Salad

INGREDIENTS

- 4 thick slices of bacon (4 ounces), cut crosswise 1/2 inch thick
- 1 lb Yukon gold potatoes, peeled and cut into 1/2-inch dice
- 2 red bell peppers, diced
- 6 large or 8 medium ears of corn, kernels removed
- 1 medium red onion, thinly sliced
- 1/4 cup cider vinegar
- Salt and crushed red pepper to taste

Adapted from www.smittenkitchen.com

INSTRUCTIONS

1. In a frying pan, cook bacon over low heat, until crisp. Drain bacon on paper towels.
2. Save 3 T of bacon fat in skillet. Add potatoes, cook over high heat until they start to brown, 3 -6 min. Stir, cook for more 2 min, until almost tender; they'll finish cooking with other veggies. Add red peppers, stir occasionally, until the potatoes & peppers are tender, about 5 min. Add corn kernels, cook, stir, until heated through but still crisp, about 3 min.
3. Transfer vegetables to large bowl, stir in onion, vinegar and bacon. Season with red pepper and salt to taste. Serve warm, or at room temperature.