

VEGETABLE OF THE WEEK

SWEET CORN

Sweet corn is one of the iconic summer vegetables! We do not grow our own sweet corn (although we may give it a go sometime) so a couple times each season we buy it in from local farmer friends of ours. No one in our area grows organic sweet corn, but the fact that it is locally grown by families that we know personally makes us feel that the money spent sourcing this non-organic sweet corn is going to deserving folks.

To store: 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.

Handling: You can eat corn raw or cook it in the husks. (Eating it raw off the cob is one of our favorite things!) Shuck the cob by pulling the husks down the ear and snapping off the stem. The silks will fall off as you cook the corn. Rinse under cold water. If you see a green worm, just cut out the damaged section — the rest of the cob is still edible! To cut the kernels off the cob, stand the cob upright on its base and run a sharp knife from the tip of the ear down to the base.

To cook: Steam corn in 1-2 inches of water for 6-10 minutes, or drop ears into boiling water for 3-6 minutes. Season with butter or salt. You can also grill corn in the husk — place the corn in its husk in water for 10 minutes — then place on grill for 15 minutes. Or you can remove the husk, coat the ear in butter and salt/pepper, then wrap in foil, and grill for 15 minutes.

To freeze: Blanch on the cob for 3-5 minutes, 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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