



Kentucky Corn

Season: July through August.

Nutrition Facts: Corn is low in fat and a good source of fiber and B vitamins.

Selection: Look for ears with green shucks, moist stems, and silk ends that are free of decay. Kernels should be small, tender, plump, and milky when pierced, and they should fill up all the spaces in the rows.

Storage: Keep unshucked fresh corn in the refrigerator until ready to use, wrapped in damp paper towels and placed in a plastic bag. Typical shelf life is 4 to 6 days.

Preparation: To steam: Remove shucks and silks. Trim stem ends. Stand ears in a tall pot with 1 inch of water. Cover with a tight-fitting lid and steam the corn for 5 minutes.

To microwave: Place ears of corn, still in shucks, in a single layer in the microwave. Microwave on high for 2 minutes, turning the ears halfway through cooking time. Allow corn to rest several minutes before removing the shucks and silks.

To boil: Remove shucks and silks. Trim stem ends. Carefully place ears in large pot of boiling water. Cook 2 to 4 minutes, or until the kernels are tender.

To grill: Turn back the inner shucks and remove the silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasonings such as salt, pepper, and herbs. Replace shucks and tie them shut. Place ears on a hot grill for 20 to 30 minutes, turning them often.

Zucchini and Corn Sauté

2 cups fresh or frozen corn

2 medium zucchini, thinly sliced

1 medium green pepper, thinly sliced

1 medium sweet red pepper, thinly sliced

2 tablespoons canola oil (optional)

1 teaspoon garlic salt (optional)

½ teaspoon Italian seasoning

In a large skillet, sauté zucchini and peppers in oil until crisp-tender, about 4 minutes. Add remaining ingredients. Sauté 3 to 4 minutes longer or until corn is tender.

Yield: 10 servings.

Nutritional Analysis: 62 calories, 2 g protein, 9 g carbohydrate, 2 g fiber, 3 g fat, 230 mg sodium.

—Simpson County Cooperative Extension Service.

Prepared by Pam Sigler. Adapted from Vegetables for Wellness: Kentucky Corn (FSHE-4), Sandra Bastin, Ph.D., R.D. L.D., Food and Nutrition Extension Specialist.

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.