



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.

Corn Relish

1 cup vinegar
1½ teaspoons mustard seed
3½ cups corn, fresh from cob, cooked
¼ cup celery, chopped
½ cup sugar
1 clove garlic, minced
½ teaspoon salt
½ cup green pepper, chopped
½ cup pimiento, diced
¼ cup onion, chopped

Combine vinegar, mustard seed, corn, celery, and sugar in a Dutch oven. Boil 2 minutes, stirring to dissolve sugar. Add garlic, salt, pepper, pimiento, and onion to sugar mixture and boil 3 minutes. Cool. Store in refrigerator in an airtight container. Yield: 16 ¼-cup servings.

Nutritional Analysis: 70 calories, 1 g protein, 18 g carbohydrate, 1 g fiber, 0 g fat, 0 mg cholesterol, 85 mg sodium.

Fried Corn

8 to 10 ears of corn on cob, fresh
3 tablespoons butter
½ teaspoon salt
¼ teaspoon black pepper
1 tablespoon sugar
¼ cup water

Shuck and clean corn. With a sharp knife, cut the top of the corn kernel into bowl. With corn tilted into bowl, scrape pulp (white liquid) from cob. In a heavy skillet, melt butter and add corn. Add salt, pepper, sugar, and water. Cook until thickened, about 10 minutes, stirring often. Add more water if needed. Yield: 6 servings.

Nutritional Analysis: 120 calories, 2 g protein, 16 g carbohydrate, 2 g fiber, 6 g fat, 5 mg cholesterol, 270 mg sodium.

Prepared by Pam Sigler and Sarah Brandl. 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>.