



*Eat 5 or more servings of fruits and vegetables every day!*

**FARMERS' MARKET SEASON**  
July to September

**BUYING TIPS**

Look for a husk with a fresh green color. Pull husk back 1-2 inches to check kernels. Choose ears of corn that are well filled with even rows of plump kernels.

*Do not buy corn with:*

- Underdeveloped kernels
- Wilted or dried husks
- Very large kernels
- Brown kernels
- Depressed areas on kernels

**STORAGE**

Because fresh corn doesn't store well, it's best to eat immediately. If you must store corn, put it in the coldest part of the refrigerator for no longer than 4-5 days. Never cut raw corn off the cob before storing. Can be frozen-contact your county Extension office for information.

**PREPARATION**

**Boiling:** Remove the husks and silks from freshly picked ears of corn. Drop ears into enough boiling water (do not add salt) to cover. Boil, covered, five to ten minutes (more mature ears need longer boiling time).

Remove from water and serve.

**Microwave:** Remove only outer husks and outer silks on 3 ears of corn. Place in microwave oven, allowing at least one inch between ears. Cook four minutes at full power and turn ears over.

Cook four minutes more on full power. Let stand two to three minutes, then turn back the husks and serve

**KEY NUTRIENTS**

Fiber to prevent constipation.  
Carbohydrate for energy.

**RECIPES**

***Quick Corn and Zucchini Sauté***

- 1 medium red pepper, cut into strips
- 1 medium green pepper, cut into strips
- 2 medium sliced zucchini
- ¼ cup oil
- 4 large ears sweet corn kernels, cut from cob
- ¼ teaspoon garlic powder
- ½ teaspoon Italian seasoning

In large skillet, cook peppers and zucchini in hot oil until crisp-tender, about 5 minutes. Add corn, garlic salt and Italian seasonings; cook until thoroughly heated. 6-8 (1/2 cup) servings.

***Chili Corn***

Prepare and cook 3 ears fresh corn as directed under "preparation section" on this card. Cut enough kernels from corn to measure 1½ cups. Heat corn and stir in 1 tablespoon margarine or butter, ¼ teaspoon chili powder and ¼ cup sliced ripe olives. 3 or 4 servings.

***Tomatoed Corn***

- 4 ears fresh corn
- ¼ cup margarine or butter
- 1 small onion, chopped (about ¼ cup)
- ½ small green pepper, chopped
- 2 teaspoons sugar
- ½ teaspoon salt
- ¼ teaspoon ground cumin
- 1 large tomato, cut up

Remove husk and silk. Cut enough kernels from corn to measure 2 cups. Cook and stir all ingredients except tomato over medium heat until margarine is melted. Cover and cook over low heat 10 minutes. Stir in tomato. Cover and cook 5 minutes longer.  
4 servings.

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