CHARACTERISTICS

- Sweet corn is harvested when it’s immature, and is considered a vegetable rather than a grain.
- Select corn with bright green husks. Feel through the husk for plump kernels.
- 1 cup of cooked sweet corn kernels contains:
  - 24% of your recommended daily value of thiamine to support muscular and nervous system function.
  - 19% of your recommended daily value of folate to support proper brain function.

PREPARE

Corn can be cooking in the husk (if microwaving or grilling) or with husk and silk removed (if boiling). Corn must be cooked before eating.

Try corn:
- Boiled in salted water until tender, 3-5 minutes
- Microwaved in the husk for 4-6 minutes
- Grilled in the husk with olive oil for 15 minutes
- Incorporated into a fresh salsa

STORE

- Corn stores poorly, and must be eaten fresh within a couple of days, or canned or frozen.
- Store in the husk in a bag for up to 3 days, but is best within 24 hours.
- Cooked corn can be removed from the cob and frozen for up to 1 year.