

Farm Fresh Friday: Sweet Corn



Fun Facts

- Kansas ranks 7th in the United States for corn production.
- Sweet corn can be yellow, white, or bicolor.
- Around 1% of corn grown in the United States is sweet corn. The majority is field corn, which is used for animal feed, to make ethanol, and around 4,000 other products.
- Corn is grown in every state of the United States.
- Sweet corn contains many nutrients including potassium, folate, carotene, and vitamin A. Corn also contains carbohydrates which provide our bodies with energy.

In 2015, Kansas harvested 3.9 million acres that produced 580 million bushels of corn used for grain.



Provided by Kansas Farm Food Connection and USDA Food Data Central

Preparation and Storage

Remove husks and silks from the ear of corn. Remove any kernels appearing to be damaged by insects or handling. Boil the ear until soft, about 5 minutes. To remove kernels, place corn on a cutting board vertically and use a knife to slice kernels off the cob. Store both whole corn in husks and corn kernels in the refrigerator for 1-2 days. Corn on the cob can be frozen for 8-10 months, while corn kernels store in the freezer up to 12 months.



Sweet Corn Seasonality

May

June

July

August

September

October



Sweet Corn

Sweet Corn with Mexican Seasoning Mix

Ingredients	Measure	Directions
Sweet Corn, fresh, husks and silks removed	50 medium, about 5-6 inches in length	<ol style="list-style-type: none"> 1. Bring a pot of water to a rolling boil. Place sweet corn in the boiling water until kernels are soft, about 5 minutes. 2. Remove sweet corn from the pot of water and place on baking sheet horizontally, giving enough space to roll each ear. 3. Spray corn with light coating of cooking spray or butter. Turn ears so all kernels are coated. 4. Mix chili powder, cumin paprika and onion powder in a bowl. 5. Measure 1 teaspoon of seasoning mix. Sprinkle evenly across one ear of corn. 6. Repeat step 5 for each ear of corn. 7. Place ears in stainless steel pan for service, or wrap individually in foil for on-the-go meals.
Chili Powder	1/2 cup	
Cumin	1/3 cup	
Paprika	2 Tablespoons	
Onion Powder	2 Tablespoons	
Cooking Spray or Butter		



Serving Size	1 Serving Provides	Yield
1 ear of corn	½ cup starchy vegetable	50 ears of corn

Adapted from Healthier Kansas Menus Mexican Seasoning Mix Recipe 79

Activity

Food Jokes

Tell a food joke from the sheet in the link below as students are going through the serving line. Print food joke sheets and place on each table for students to view during meal service.

[Microsoft Word - Food Jokes Master List 102620.docx \(foodhero.org\)](https://www.foodhero.org/files/102620.docx)

Provided by Provided by Oregon State University Extension Service's Food Hero



This institution is an equal opportunity provider.