



SWEET CORN 2025

You bought the corn, now what?

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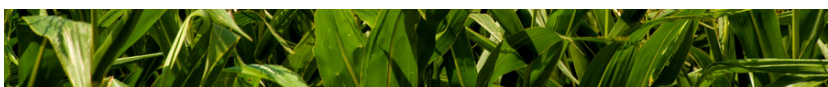


Note: Depending on the size of the ear of sweet corn, 3 ears of fresh corn will yield 2 rounded cups of corn kernels. If your measurement is critical to the recipe's success, measure the corn kernels for each recipe to be sure.



SWEET CORN SCIENCE & GENETICS

What are the differences between the various types of sweet corn?



Standard (su), supersweet (sh2), and sugar-enhanced (se) are the three major types of sweet corn. They differ in sweetness, keeping quality, and seed vigor.

- A Standard
These are the old-fashioned corn varieties that have a limited shelf life. You have to pick them and eat them right away or their sugar will be converted to starch.
- B Supersweet
Supersweet sweet corn contains up to twice the amount of sugar as standard varieties. The conversion of sugar to starch occurs at a much slower rate. These varieties, however, do have some drawbacks. Yields of these varieties are generally lower than standard sweet corn. Also, the seeds are smaller than standard sweet corn varieties and germinate poorly in cold soils (Central NY).
- C Sugar-enhanced – This is what we grow
SE stands for "sugar-enhanced" and is a type of sweet corn that has a gene that increases its sugar content and tenderness. SE varieties have a longer harvest window than other types of sweet corn because of their higher sugar levels. Conversion of sugar to starch after picking is slowed. The soft kernel pericarps make SE sweet corn tender and easy to chew. They also have a creamier texture and more "corn" flavor than other varieties. SE corn is a popular choice for roadside stands and markets because it retains its texture and tenderness well. It's generally recommended these varieties be planted one week later than standard varieties.

HOW TO COOK SWEET CORN

BOIL

4-8 ears fresh sweet corn,
husks and silks removed

Directions

Bring a large pot of water to a boil and add the corn. Cook for 3 to 5 minutes, or until the corn is tender and bright yellow. Stir occasionally to make sure the corn is submerged.

Alternatively, place the corn in a large pot filled with cold water. Bring it to a boil and cook 1 to 2 minutes, until the corn is just tender.

Drain and serve warm with butter, salt, and pepper, or other seasonings.

GRILL

4-8 ears fresh sweet corn

Directions

Husk-on method

Peel back the corn husks, leaving them attached at the base of each ear of corn. Remove the silks as best you can and close the husks back over the corn cobs. Soak the corn in a large pot of cold water for 10 minutes. This will prevent the husks from burning too much on the grill. Drain and pat dry.

Preheat a grill to medium-high heat. Place the corn on the grill and cook, turning every 3 to 5 minutes, until all sides of the corn are cooked, about 15 minutes. Remove from the grill and tie back the husks to use as a handle. Serve with butter, salt, and pepper.

Husked method

Shuck the corn and remove the silks.

Preheat a grill or grill pan to medium-high heat. Place the corn on the grill and cook, turning every 3 to 5 minutes, until all sides of the corn are cooked and light char marks form, about 15 minutes. Remove from the grill and serve with butter, salt, and pepper.

STEAM

4-8 ears fresh sweet corn,
husks and silks removed

Directions

In a large skillet, bring 1 inch of water to a boil and add the corn in a single layer. When the water returns to a boil, reduce heat, cover, and cook until hot, about 3 minutes.

Drain and serve warm with seasonings of your choice.

MICROWAVE

1 ear fresh sweet corn,
still in husk

Directions

Rinse corn in the husk under water briefly. Wrap with a wet paper towel and place on a microwave-safe plate.

Cook corn in the microwave until hot and cooked through, 3 to 5 minutes. Remove from the microwave and let rest for 2 minutes. Remove corn husk.

INSTANT POT

6 ears of sweet corn,
husks and silks removed
1 C cold water

Directions

Pour water into Instant Pot. Place trivet into pot and add corn to pot. Close lid and set to High Pressure for 2 minutes.

When done cooking, immediately release the pressure. Open lid carefully and remove corn.

Serve immediately with your favorite toppings.
Suggested: butter, salt, pepper, and parsley

AIR FRYER

4 ears fresh sweet corn,
husks and silks removed
1 Tbsp olive oil
1/2 tsp salt
1/2 tsp pepper
2 Tbsp butter for serving

Directions

Clean and cut the corn on the cob to make sure it fits in the air fryer basket. Generously rub the olive oil on all sides of the corn. Season the corn with salt and pepper on all sides.

Cook the corn in the air fryer at 370F for 12 to 16 minutes until the corn kernels are tender and browned slightly. You might have to cook the corn in batches depending on the size of your air fryer.

Top with butter and enjoy!

HOW TO FREEZE SWEET CORN

For either of the variations, the corn is first husked and silks removed.
The corn is frozen in freezer baggies with 2 cups of corn each.

BOIL, CUT, FREEZE

12-15 ears of sweet corn

2 C water

1 Tbsp salt

1 Tbsp sugar

Ice

Directions

Boil the corn cobs for 4 to 5 minutes each, cooking them in batches until they are all cooked. As soon as they come out of the boiling water, place them in a cooler full of ice water for an ice bath.

Once the cobs are completely cool, use a serrated knife to cut the corn off the cob. Measure 10 cups of corn in a large bowl and stir in salt and sugar. Scoop into freezer bags and freeze.

CUT, BOIL, FREEZE

12-15 ears of sweet corn

2 C water

1 Tbsp salt

1 Tbsp sugar

Directions

Use a serrated knife to cut the corn off the cob. In a large pot add the corn, water, salt, and sugar. Set the pot over medium-high heat and bring to a boil. Let the mixture boil for 4 minutes, stirring occasionally.

Pour the corn into a large shallow pan to cool. Once cool, scoop into labeled freezer bags, remove excess air, and freeze.

When ready to enjoy, thaw a bag of corn in the fridge (or microwave), then simmer until hot. If you'd like, you can add 1 to 2 Tbsp butter, black pepper, and/or additional salt.

FAMILY RECIPES

Note: Any recipe can easily be made with farm bought corn. 2 cups of corn off the cob equals one (drained) 15 oz can of store bought corn.

GRANDMA HARTER'S SCALLOPED CORN (Grandma Gorham's Favorite)

Directions

Preheat oven 350 degrees.

Melt butter over medium heat. Add onion and pepper, cook until slightly browned. Remove from heat & mix in corn, pimentos, and olives. Meanwhile, beat eggs with cornstarch until blended. Mix in milk, salt, Worcestershire, and Tabasco.

Mix all ingredients in a 4-quart baking dish. Bake 45 to 60 minutes or until center is set & knife comes out clean.

Ingredients

3 Tbsp butter
1 onion, diced
1 green pepper, diced
1 (4 oz) jar of pimentos, or
1/2 C roasted red peppers,
sliced
1/4 C ripe olives, slivered
3 lb sweet corn, cooked
4 eggs
2 C milk
2 Tbsp cornstarch
1 tsp salt
1 tsp Worcestershire sauce
10 drops of Tabasco sauce

CORN CHOWDER WITH BACON

(Lori's Favorite)

Directions

In a large pot or Dutch oven, melt the butter over medium-high heat. Add the onions and sauté for about 5 minutes, or until tender. Add the garlic and cook an additional 2-3 minutes.

Add the wine, chicken broth, corn, cubed potatoes, salt, pepper, and sugar. Stir with a wooden spoon and scrape the bottom of the pan to get all of that delicious onion and garlic flavor!

Bring the soup to a boil then turn the heat down to medium and let cook for 20 minutes, stirring occasionally. (The mixture is ready for the next step when the potatoes are tender.)

Optional: Pour half of the mixture into a blender or food processor and mix until smooth. This adds more creaminess to the soup and increases the corn flavor! You can also use a handheld immersion blender. Add all of the soup back to the pot.

Turn the heat to low and stir in the bacon, half-and-half, and cream cheese. Stir until the cream cheese is melted. Serve.

Ingredients

2 Tbsp butter
1 yellow onion, diced
2 cloves garlic, peeled and chopped
6 oz dry white wine (such as chardonnay)
1 can (14.5 oz) chicken broth
6 C sweet corn
1/2 lb baby potatoes cut into 1/2" cubes
1 tsp salt
1 tsp black pepper
1 Tbsp sugar
1/2 lb bacon, cooked and crumbled
1 C half-and-half or milk
4 oz cream cheese

CORN PANCAKES

(Scot's Favorite)



Directions

In a large bowl, mix flour, baking powder, and salt together. Make a well in the middle of flour and add eggs, milk, and melted butter. Mix until no longer lumpy. Add corn and gently fold into the mixture.

Heat a pan up over medium high heat, spraying it with nonstick spray. Add 1/3 cup batter to pan for each pancake. Allow to cook for about 2 to 3 minutes, or until firm enough that you can easily flip them over. Lightly brown the other side of the other pancake.

Once browned on both sides, remove from stove. Repeat this until all batter is gone. Serve hot with maple syrup or butter on top.

Ingredients

- 2 C of sweet corn
- 2 C all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 3 eggs
- 3/4 C milk
- 2 Tbsp butter, melted

ALPHA ZETA SALAD

(Peter's Favorite)

Directions

In a large bowl, combine the beans, corn, cilantro, peppers, onion, jalapeno if desired, and garlic.

In a small bowl, whisk the vinegar, oil, chili powder, and sugar.

Pour over bean mixture; toss to coat.

Cover and refrigerate overnight. Serve with a slotted spoon.



Ingredients

1 can (16 oz) kidney beans, rinsed and drained

1 can (15 oz) garbanzo beans or chickpeas, rinsed and drained

1 can (15 oz) black beans, rinsed and drained

1 C sweet corn, cooked

1/2 C chopped sweet red pepper

1/2 C chopped green pepper

1/4 C chopped onion

2 garlic cloves, minced

1/2 C balsamic vinegar

1/2 C minced fresh basil

1/4 C olive oil

1 tsp chili powder

1/2 tsp sugar

Optional:

1 small jalapeno pepper, seeded and finely chopped

SLOW COOKER CORN DIP

(Katherine's Favorite)

Directions

Combine all ingredients in a 2-quart slow cooker.

Heat until easy to stir and blend. Let cheeses melt completely.

Serve with tortilla chips or scoops. Optional: serve with sour cream, chopped green onions, or salsa.

Ingredients

2 C sweet corn

1 package (8 oz) cream cheese

1 can Hormel Chili, any style

1-2 C shredded cheddar or taco mix cheese

Optional:

¼-½ C jalapenos (sliced)

1 can (15 oz) refried beans

CHEESY CORN CASSEROLE

(Barb Baker's Favorite)

Directions

Preheat oven to 350 degrees.

Sauté peppers until slightly softened.

Mix all ingredients and add to an 8-by-12 casserole baking dish, or 2 qt dish.

Bake for 50 minutes.

Let sit on counter for 5 minutes to set.

Ingredients

3 C sweet corn

1 medium green bell pepper, chopped

1 C milk

4 Tbsp butter, melted

4 eggs, whisked

3 Tbsp cornstarch

1 C shredded cheddar cheese

1 tsp salt

Optional:

¼ C jarred sliced jalapenos, chopped



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