

Sweet Corn

Nebraska Seasonal Produce Guide

Sweet corn is widely grown in Nebraska and comes in many different varieties. Some kernels may be white while others are yellow. The outer green leaves are called “husks,” and the fine strings inside the husk are called “silk”. Remove the husk, stem, and silks before eating.



EXTENSION
Health & Wellbeing

Why Should I Eat This?

Sweet corn is a good source of fiber, which helps provide a feeling of fullness and is important for digestion. It is also a good source of B vitamins, including folate. Folate helps our tissues grow, cells function, and is an important vitamin for women who are pregnant, as it plays an important role in preventing birth defects.

Proper Storage

If husks are on, store in the refrigerator and use within 3 days. If husks are removed, store in a plastic bag in the refrigerator and use within 2 days.

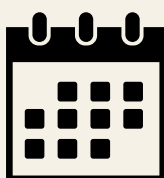
Make a Good Selection

Choose ears of sweet corn that have green husks and fresh silk. Kernels should be tender and plump. Avoid damaged or dried-out sweet corn cobs.



How Could I Use This?

- Cook in the microwave, on the stove, or on the grill
- Roast in the oven
- Add to cornbread batter before baking
- Add to salsas or dips
- Make sweet corn fritters
- Add to salads, soups, and stews
- Add to tacos or quesadillas



Seasonal Availability in Nebraska

Harvest Season: July through October

Market Availability: July through October



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