

Sweet Corn



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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 husk, stem, and silks before eating.



Why Should I Eat This?

Sweet corn is 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 work and is an important vitamin for women who are pregnant.

Proper Storage

If husks are on, store in the refrigerator and use within three days. If husks are removed, store in a plastic bag in the refrigerator and use within two 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
- Make a sweet corn relish to put on top of fish, chicken, or another protein source

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST							✓	✓	✓	✓		
MARKET							✓	✓	✓	✓		



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