



Media Script

KENTUCKY CORN

CONTACT INFORMATION:

Bodacious, Delectable, Silver Queen, Peaches n' Cream—these are just a few of the varieties of sweet corn you might find in a Kentucky garden or at the farmer's market. Corn is a staple food in many families and is one of the most common vegetables planted in Kentucky gardens.

Corn is high in protein and carbohydrates and is a good source of vitamin C. A half cup of cooked corn contains 90 calories, is low in fat, and is a good source of fiber and B vitamins.

When selecting corn, make sure the husks are green, tight, and fresh looking. Pull the husk back to make sure the ear contains tightly packed rows of plump kernels. The kernels should be smaller at the tip of the ear and milky when pierced. Large kernels indicate over maturity. Corn should be stored in a cool area. Warmth causes the sugar content of corn to be converted into starch. This process will cause the ears to become less sweet.

The sooner you cook corn the better. If you will not be cooking corn soon after purchasing or picking, you should store in the refrigerator. Refrigeration helps the corn retain its sugar and vitamin C content. Keeping the corn in the husk will also help retain moisture; if possible leave it in the husk until ready to cook.

Herbs have long been used in cooking and basil is a popular herb used with tomatoes and other fresh vegetables. But don't limit this herb's potential. Basil is a member of the mint family, is easy to grow, and has a strong pungent, peppery flavor.

Try this recipe for a cool satisfying summer side salad.

Fresh Corn Salad

5 ears of fresh corn

½ cup diced red onion

3 tablespoons cider vinegar

3 tablespoons olive oil

½ teaspoon salt

½ teaspoon black pepper

½ cup freshly chopped basil

Directions: **Shuck** and remove silks from corn. In a large pot of boiling water, **cook** the corn for 4 minutes. **Drain** and cool by immersing in ice water. When corn has cooled, **cut** the kernels off the cob.

Toss the kernels in a large bowl with the red onion. **Combine** vinegar, olive oil, salt, and pepper. **Pour** over corn and gently toss. **Chill** to allow flavors to blend. Just before serving, **add** fresh basil.

Yield: 10, ½ cup servings.

Nutritional Analysis: *70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.*

Source: www.fruitsandveggiesmatter.gov

For more delicious recipes and information on preserving corn, or other “Kentucky Proud” fruits and vegetables, contact your local Cooperative Extension Service or visit: www.kentuckyproud.com

June 2010

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Cooperative Extension Service