



Vegetable Basics: Corn



Sweet, crisp, and full of flavor, corn is a summer favorite packed with fiber, vitamin C, and antioxidants. Enjoy it fresh off the cob, cooked into dishes, or frozen for use all year.

✓ How to Store

- Keep corn in its husk in the refrigerator for up to 3 days.
- For husked corn, wrap in a damp paper towel and store in a plastic bag in the fridge.
- Use as soon as possible for the best flavor and sweetness.

✓ Easy Ways to Prepare

- **Boil:** Place husked ears in boiling water for 3–5 minutes until tender.
- **Grill:** Cook in husks or foil for 10–15 minutes, turning occasionally.
- **Sauté:** Cut kernels off the cob and cook in butter or oil for 5–7 minutes.
- **Microwave:** Leave husks on, cook for 3–4 minutes, then remove husk and silk.



Try Them Like This...

Add corn to:

- Green salads
- Pasta or grain salads
- Salsas and dips
- Chowders or soups
- Tacos or burritos

Try corn as:

- Grilled on the cob
- Creamed corn
- Corn fritters or pancakes
- Roasted kernels
- Corn chowder

✓ Freeze for use all year

- Husk and remove silk from fresh corn.
- Blanch whole ears in boiling water for 4 minutes, then cool quickly in ice water. Freeze whole OR
- Cut kernels off the cob and freeze in a single, even layer on a baking sheet before transferring to freezer bags.
- Use within 8–12 months for best quality.

Try simple seasonings like butter, olive oil, salt, pepper, lime juice, smoked paprika, or fresh herbs.



Waste Less Tip

Corn starting to lose its sweetness? Cut kernels off the cob and add to soups, casseroles, or stir-fries.



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