

Sweet Corn



Sweet Corn Facts

- New Jersey ranks 9th in the nation in sweet corn production.
- Sweet corn is also known as *corn on the cob* or also called an *ear of corn*.
- Corn is covered by tightly wrapped leaves called the husk.
- The threads of silk surround and protect an ear of corn. There is one piece of silk for every kernel of corn.
- The average ear of corn has 800 kernels arranged in 16 rows.
- The kernels on sweet corn can be yellow, white or a combination of both. Corn that is both white and yellow is call *bicolor*.
- You can test if corn on the cob is fresh by pinching a kernel (*A milky juice should spurt out if the corn is fresh.*)
- The procedure for removing the husk and silk from corn is known as *husking* or *shucking*.
- Unshucked corn on the cob should be stored in the refrigerator. (*Warmth causes the sugar content of corn to convert to starch which will make corn less sweet.*)
- The Iroquois Indians gave the first corn to European settlers in 1779.
- Americans consume approximately 25 pounds of corn per person per year but most of it is frozen or canned.
- Corn can be boiled, steamed or grilled whole in the husk.
- Corn is high in protein and carbohydrates and has been an important nutritional food for over thousands of years.
- Corn can be dried and made into flour.

