Fresh sweet corn has long been an American favorite. In Ohio, the sweet corn season begins about July 1 and continues until the first frost (late September or early October). Fresh sweet corn is most plentiful from July 20 to September 15.

**Selection**
- Top-quality sweet corn ears have fresh green husks and ears well-filled with bright-colored, plump, and milky kernels.
- Ears should be free of insect and disease damage.
- Husks and ears should glisten with moistness.
- Corn is overripe if indentions have formed in the kernels or kernel contents are doughy when broken.
- Contact your county Extension office for variety recommendations in Ohio. Newer super sweet varieties offer enhanced flavor and sweetness.

**Storage**
- For highest quality, harvest and use ears promptly.
- If fresh sweet corn is to be kept for any period of time, husk, immerse in ice water, and refrigerate at a temperature near 32 degrees F.

**Yield**
- Due to many variables including moisture content, size, and variety, it is impossible to recommend specific quantities to buy. The following recommendations are approximations.
  - One bushel of unhusked fresh corn weighs 35 pounds and has about 5 dozen ears.
  - One bushel of unhusked corn yields 8 to 9 quarts, or 14 to 16 pints canned.
  - One dozen ears yield two to four 12-ounce packages frozen.

**Nutrition**
- The “Dietary Guidelines for Americans” recommend that adults need 2–2½ cups of a variety of vegetables daily. Corn is a good choice to help meet this nutritional requirement. Corn can help elevate macular pigment in the eye to help protect against macular degeneration. Corn is a good source of carbohydrates for food energy. It contains some Vitamin A (yellow corn only), minerals, and protein. One cooked ear (5 inches by 1¾ inches) contains 85 calories; 1 cup canned sweet corn (solids and liquid) provides 170 calories.
Safe Handling
Clean surfaces, utensils, and hands after touching raw meat and poultry and before you use them on fresh produce. To remove dirt, wash corn thoroughly in cold water. Drain and rinse several times. Do not use soap, detergent, or bleach as they can be absorbed by the vegetable. Lift corn from the water to prevent redepositing of dirt and residues.

Serving
- Boiling is the most common method of cooking corn. Place corn in enough unsalted cold water to cover. (Salt toughens corn.) Add 1 tablespoon sugar and 1 tablespoon lemon juice to each gallon of water, as desired. Heat to boiling, and boil uncovered 2 minutes. Remove from heat, and let corn stand about 10 minutes before serving. Season with butter, salt, and pepper.
- Buttered—Allow 1 tablespoon butter per 2 to 3 cups cooked corn.
- Creamed—Mix 1 cup medium white sauce with 2 cups cooked corn.
- Scalloped—Arrange 2 cups of vegetables and 1 cup medium white sauce in alternate layers in a greased baking dish. Cover with buttered bread or cracker crumbs. Add 1/2 cup shredded cheddar cheese into the sauce for extra flavor, variety, and food value.
- Seasoned—Add basil, cayenne red pepper, celery seed, chili powder, or rosemary.
- Steamed—Arrange corn on steaming rack. Place rack in steamer over 1 inch of water. Bring to boil. Cover and steam for 10 minutes or until corn is tender crisp.

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