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It's Sweet Corn Season! 🌽

1 message

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10 Facts About Sweet Corn

- Sweet corn is a maize variety that has a particularly sweet taste in comparison to other varieties of maize, and it is also known as 'pole corn' and 'sugar corn'.
- The scientific name of the sweet corn plant is *Zea mays saccharata* or *Zea mays rugosa*, and it is from the family Poaceae, the family of true grasses.
- Sweet corn has a higher quantity of sugar and less starch than other maize varieties, and it is believed that this is caused by a natural mutation, and the cobs are harvested before they are mature, to ensure maximum sweetness.
- A single sweet corn plant produces a range of one to three cobs each, that typically range from 20 to 25 centimeters (8 to 10 inches) in length.
- Generally sweet corn hardens and becomes starchy easily, meaning it should be eaten soon after picking and stored only for short periods of time in a cool location.
- Sweet corn can be steamed, microwaved, baked, boiled and barbecued, and is readily available in supermarkets and can be bought fresh, frozen or canned, and sometimes 'creamed'.
- Even though sweet corn is technically a grain, it is often eaten as a vegetable, commonly with peas, as a side to a main meal; with beans in Central and South America; and once the kernels are removed from the cob they are



- commonly used in salads and main meal dishes.
- Sweet corn kernels are typically a yellow or white color and they have a sweet flavour, and while on the cob, they are typically surrounded with a green leafy husk and strands of hair, known as 'silk'.
 - Native American tribes were the original growers of sweet corn, and it grew in popularity around the late 1700s, when it became accessible to Europeans.
 - Sweet corn is very high in fiber, folate, thiamin, magnesium, phosphorus, vitamin C, and contains many other vitamins and minerals.

Source: <http://tenrandomfacts.com/sweet-corn/>.



Where To Find Locally Grown Sweet Corn

To find a local sweet corn producer near you, please visit:

<https://massnrc.org/farmlocator/map.aspx>.

Recipe: Spicy Smoked Sweetcorn

Ingredients

- 2 cups sweet corn kernels, raw (~3 ears)
- 1 cup cherry or grape tomatoes, halved or quartered if large
- 3 small or 2 large green onions, chopped
- 1 small avocado, chopped
- 1 red apple, chopped
- 1/3 cup sliced or chopped almonds
- 1/4 cup packed fresh basil, chopped

For the Honey-Dijon Vinaigrette:

- 1/2 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 Tablespoon honey
- 1 Tablespoon Dijon mustard
- salt and pepper



Instructions

1. Combine ingredients for the Honey-Dijon Vinaigrette in a jar or bowl then shake or whisk to combine. Taste then add up to an additional 1/2 Tablespoon honey if desired - remember that the sweet corn and apple will add natural sweetness to the salad. Set dressing aside.
2. Combine remaining ingredients in a large bowl then drizzle over desired amount of Honey-Dijon Vinaigrette and stir to combine. Serve immediately.

Recipe from: <https://iowagirleats.com/2018/07/13/napa-sweet-corn-salad/>.

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The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by farmer members who develop policies through its grassroots process. Its mission is "to protect the rights, encourage the growth, and be of service to its members, in the best interest of agriculture."

For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

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