

Corn

Ahh - who doesn't love fresh corn on the cob in the summer? It is so good, and so good for you! It not only provides the necessary calories for daily metabolism, but is a rich source of vitamins A, B, E and many minerals. Its high fiber content ensures that it plays a role in prevention of digestive ailments.



TIPS:

Short-term Storage: Corn converts its sugars into starch soon after peak ripeness, so best to eat it soon. Otherwise, store in a very cold refrigerator.

Long-term Storage: Cut kernels off the cobs and freeze.

Growing info: We're expanding our sweet corn production this year by popular demand. The issue with corn, is it takes a lot of space. You can get about 100 ears from every 100 row-feet of planting. When a share consists of 8 ears of corn, this is 8 feet for one share! We plant corn in succession starting in mid May. This will give us a constant supply through summer.

Common Problems: Corn ear worms are the major pest we deal with in corn. They are tiny little worms that crawl into the tip of the ear and start eating. By the time they get an inch down the tip of the ear, they will have grown to a large and ugly size. We prevent ear worm by injecting a small amount of vegetable oil into the tips before the worms have a chance of crawling in.



You'll probably see mostly white corn in 2011.

Summer Corn Salad

6 ears corn, husked and cleaned
 3 large tomatoes, diced
 1 large onion, diced
 1/4 cup chopped fresh basil
 1/4 cup olive oil
 2 tablespoons white vinegar
 salt and pepper to taste

1. Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.
 2. In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

from Allrecipes.com

Grilled Corn Salsa

10 large ears corn, husked
 1/3 cup extra-virgin olive oil, plus more for brushing
 Salt and freshly ground pepper
 8 vine-ripened tomatoes, about 1 pound total
 1 cup diced red onion, 1/4-inch dice
 4 tablespoons red wine vinegar, or more to taste
 1/2 cup julienne fresh basil leaves

Brush the corn liberally with olive oil and season well with salt and pepper. Grill, turning every few minutes, until light gold all over and cooked, about 12 minutes. Let cool and cut off the kernels. Discard the cobs.

Core the tomatoes and cut a small X on the bottom of each. Brush with olive oil, season with salt and pepper, and place on the grill, X side down, away from direct heat. Cover the grill and cook until the tomatoes begin to soften but are not cooked all the way through (or they will melt through the grate!), about 15 minutes. Set aside until cool enough to handle, then peel. Cut the tomatoes in half crosswise and squeeze out the juice and the seeds through a sieve into a bowl. Reserve the juices and chop the flesh.

Put the onions in the non-reactive medium bowl and toss with 2 tablespoons of the vinegar. Let marinate until the color changes, about 10 minutes.

Add the chopped tomatoes, reserved tomato juice, onions, basil, and 1/3 cup olive oil to the corn. Toss well. Taste for seasoning and adjust with salt, pepper, and remaining vinegar. The salsa is best eaten the same day but will keep, covered and refrigerated, a day or so.

Serve with tortilla chips or as a topping for tacos. *from Michael Chiarello*

Better Than Grannie's Creamed Corn

1/2 onion, diced
 1 tablespoon butter

2 pinches kosher salt
 8 ears fresh corn
 1 sprig fresh rosemary, bruised
 1 tablespoon sugar
 1/4 teaspoon turmeric
 2 tablespoons yellow cornmeal
 1 cup heavy cream
 Fresh ground black pepper

In a saucepan over medium heat, sweat the onion in butter and salt until translucent.

In a large mixing bowl, place a paper bowl in the middle of the bowl. Resting the cob on the bowl in a vertical position remove only the tops of the kernel with a knife, using long smooth downward strokes and rotating the cob as you go. After the cob has been stripped, use the dull backside of your knife to scrape any remaining pulp and milk off the cob.

Add the corn and pulp mixture to the saucepan and cook over medium high until the juice from the corn has tightened. Add the rosemary. Sprinkle the corn with the sugar and turmeric. Stir constantly for about 2 minutes. Sprinkle the cornmeal onto the corn, using a whisk to combine well. Add the heavy cream and cook until the corn has softened, about 2 to 3 minutes. Remove the rosemary. Season with freshly ground black pepper.

from Alton Brown