



Corn

Selecting Corn

- **When Freezing:** Select only tender, freshly-gathered corn in the milk stage.
- **When Canning:** Select ears containing slightly immature kernels, or of ideal quality for eating fresh.
- **When Drying:** Select ears of corn at peak flavor and ideal eating quality, just before they are reaching maturity.

Health Benefits

Nutrition Facts		
Serving Size kernels from 1 medium ear (90g)		
Amount Per Serving		
Calories 90	Calories from Fat 20	
% Daily Value*		
Total Fat 2.5g	4%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 18g	6%	
Dietary Fiber 2g	8%	
Sugars 5g		
Protein 4g		
Vitamin A 2%	Vitamin C 10%	
Calcium 0%	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Nutrition Benefits: Corn is low in fat and saturated fat, sodium and cholesterol free and a good source of vitamin C. A recommended goal is to choose methods of cooking and serving that retain those healthful qualities.

How to Store: Refrigerate fresh corn with husks on for use as soon as possible or within 1-2 days.



Things you should know about packaging for freezing:

Packaging should:

- Be moisture vapor resistant
- Be durable and leak proof
- Not become brittle and crack at low temperatures
- Resist oil, grease and water
- Protect food from absorption of other odors and flavors
- Be easy to mark and seal

Rigid Containers:

These include hard plastic and glass. They are usually good for liquid packs. Rigid containers are often reusable and are easy to store in the freezer. Choose glass jars made for canning or freezing. If the glass jar has a narrow mouth, be sure to leave a little extra headspace for the expansion of foods when frozen. Lids should fit tightly. If they do not, seal with freezer tape.

Flexible Bags or Wrappings:

These types include flexible freezer bags, freezer paper, and heavy-weight aluminum foil. These are typically used for food with little or no liquids. Bags are available in a variety of sizes and come with different seals such as zippers or ties. Regardless of the type, when sealing press to remove as much excess air as possible.

How to Freeze Corn

Preparation: Select tender, freshly-gathered corn in the milk stage. Husk and trim the ears, remove the silks and wash. Corn can be froze using three different methods, which one you decide to use is up to you. The three methods and how to use them are:

1. **Corn-on-the-cob:** Water blanch: small ears(1 1/4" or less in diameter) 7 minutes, medium ears (1 1/4-1 1/2" in diameter) 9 minuets, and large ears (over 1 1/2" in diameter) 11 minuets. Cool immediately, and completely to preserve taste and texture. Drain and package. Seal and freeze!
2. **Whole Kernel Corn:** Water blanch for 4 minuets. Cool immediately with cold water, drain, and cut kernels off of the cob. Kernels should be cut off the cob about 2/3 the depth of the kernels. Package, making sure to leave about 1/2 an inch of headspace in the container. Seal, and freeze!
3. **Cream Style Corn:** Water blanch for 4 minuets. Cool immediately with cold water, and drain. Cut kernel tips, then scrape the cobs with the back of a knife to remove the juice and the heart of the kernel. Package, making sure to leave about 1/2 an inch of headspace in the container. Seal, and freeze!

Drying Corn

Select corn when it is at its peak of flavor, and of ideal eating quality. Sweet corn should be picked when it is slightly immature in order to retain its sweet flavor. Before drying blanch corn in boiling water enhance quality and safety of the end product. You can either use a dehydrator or oven (either electric or gas) to dry corn. Dehydrators work by blowing hot air onto the vegetable, while ovens use a low heat temperature (140-150°F) over a long time period to dry produce. When produce is nearly dry, open the oven for about an hour to allow excess moisture to escape.

Drying Process for Corn: Husk, and trim. Wash well, and blanch in water for 1-1/2 minuets or until milk does not exude from kernel when cut. Cut kernels from the cob. Spread kernels on dehydrator or drying sheets. Allow them to dry in a dehydrator 6-10 hours until they are crisp and brittle. Oven drying will take longer.

Things you should know about canning:

General Information:

- Carefully select and wash the food you are going to can.
- Usually fresh foods should be peeled.
- Use jars made specifically for home canning and two-piece lids.
- Process jar in pressure canner for the correct period of time. Correct for altitude if required.

Doing this maintains quality, nutrition and helps keep food from spoiling or causing foodborne illness.

Adjusting for altitude:

- The higher the altitude, the lower the temperature in the canner. That can result in underprocessing and higher risk of spoilage and foodborne illness.
- If you can food at an altitude over 1000 feet you need to adjust for altitude.
- Find the altitude for your county seat by checking a State of Oklahoma map.
- Be sure to include the altitude information when determining processing times.

Recommended Canning Jars:

- Regular, and wide mouth Mason type jars with tight sealing lids are ideal. These come in a variety of sizes.
 - Before using, clean jars with hot water and soap and rinse well. To sterilize, put jar right side up on the rack in boiling-water canner. Fill jar with hot water to one inch below top of jar, and boil for 10 minutes at altitudes of 1,000 ft. If above 1,000 ft boil 1 extra minute for each additional 1,000 ft.
 - Seal lids tight. Once sealed, do not try to re-tighten the lids. As the contents in the jars cool, this will suction the lid to the jar.
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How to Can Corn

Canning Whole Kernel Corn:

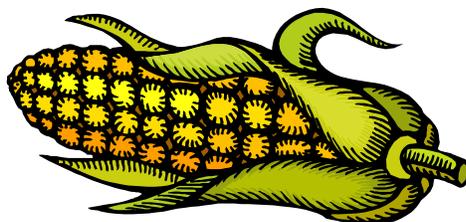
Quantity: An average of 31 1/2 pounds (in husk) of sweet corn per canner load of 7 quarts, or 20 pounds per canner load of 9 pints.

Quality: Select ears with slightly immature kernels, in order to preserve sweetness, or of ideal quality for eating fresh. Canning of some sweeter varieties or too immature kernels may cause browning. Can a small amount, check color and flavor before canning large quantities.

Procedure: Husk corn, remove silk, and wash ears well. Blanch 3 minutes in boiling water. Cut corn from cob about 3/4 the depth of the kernel. **Caution: Do not scrape cob.**

- **Hot Pack:** To each clean quart of kernels in a saucepan, add 1 cup of hot water, heat to boiling and simmer 5 minutes. Add 1 teaspoon canning salt per quart to the jar, if desired. Fill jars with corn and cooking liquid, leaving 1-inch headspace.
- **Raw Pack:** Fill jars with raw kernels, leaving 1-inch headspace. Do not shake or press down. Add 1 teaspoon of salt per quart to the jar if desired. Add fresh boiling water, leaving 1-inch headspace.

Last steps: Pop air bubbles in each jar, adjust headspace if necessary, add two-piece lids and process following the recommendations on page 4 according to the type of canner to be used and altitude where canning will be done.



Recommended process time for Whole Kernel Corn in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of:			
Style of Pack	Size of Jar	Process Time	0-2,000 ft	2,001-4,000 ft	4,001-6,000ft	6,001-8,000ft
Hot and Raw	Pints	55 min	11 lb	12 lb	13 lb	14 lb
	Quarts	85min	11	12	13	14

Recommended process time Whole Kernel Corn in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of:	
Style of Pack	Size of Jar	Process Time	0-1,000 ft	Above 1,000 ft
Hot and Raw	Pints	55 min	10 lb	15 lb
	Quarts	85 min	10	15

For more information about food preservation contact your local county cooperative extension office. To locate contact information for your county visit: <http://www.oces.okstate.edu/> and select county office directory on the left hand side. You can also visit the National Center for Home Food Preservation at www.uga.edu/nchfp/

Adapted for Oklahoma by Dr. Barbara Brown, associate professor of nutritional sciences, food specialist for Oklahoma Cooperative Extension Services; Claire Grady, graduate research assistant. Information extracted from National Center for Home Preservation at www.uga.edu/nchfp/



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