



## FOOD PRESERVATION SERIES

# Corn

Michigan-grown corn is available  
August through September.

### YIELD

One pound	5 medium ears of corn. 5 to 6 half-cup servings of corn kernels.
4 -5 pounds of corn	2 pints frozen or canned corn kernels
20 pounds (in husks)	canner load of 2 pints.
31 ½ pounds (in husks)	canner load of 7 quarts
1 bushel (in husks)	35 pounds.

### FOOD SAFETY TIPS

**Purchase** Keep separate from meat, poultry and seafood products.

Keep corn away from raw meat so that meat juices do not contaminate it.

Keep in the refrigerator, away from raw meat so that meat juices do not contaminate it.

Wash hands before and after handling fresh produce.

After removing husk and silk, wash corn under cool running water before preparing it. Do not use soap or detergent.

Use a separate cutting board for vegetables, and keep away from raw meat, poultry and seafood.

Follow standardized procedures recommended by the United States Department of Agriculture for home canning.

### HOW TO STORE

Do not wash corn in the husk before storing.

Store corn in its husk in the refrigerator.

For best flavor, eat soon after picking or buying corn.

Use frozen corn within 8 to 12 months for best quality.

### QUICK AND EASY SERVING TIPS

Make a quick succotash by combining cooked corn kernels and cooked lima beans.

Add corn kernels to other raw vegetables in a salad.

Add canned corn kernels to corn muffin batters, soups, chowder, chili and casseroles.

Mix with chopped tomatoes, onions and cilantro to make corn-salsa.

### RECIPE

#### Microwave Spanish Corn

2 tablespoons low-fat margarine  
½ cup green pepper, washed, with seeds removed,  
and chopped ½ cup onion, peeled and chopped  
2 cups cooked corn kernels  
1 (16-ounce) can tomatoes

¼ teaspoon oregano

Saute pepper and onion in margarine until tender. Combine all ingredients in a 2-quart microwave-safe dish. Cover and cook on high power for 2 to 3 minutes or until bubbly hot. Makes 8 (½ cup) servings.

This is an official 5 A Day recipe.

Nutritional analysis per serving: 61 Calories; 2 grams (g.) fat; 0 milligrams (mg.) cholesterol; 2 g. fiber; 129 mg. sodium

## HOW TO PREPARE

**Boil whole ears of corn.** Remove husk and silk from ears. Wash corn under cool running water. Fill a large pot with water and bring water to a boil. Drop ears of corn, one at a time, into boiling water. Cover pot and boil for 1 to 3 minutes.

**Blanch.** Remove husk and silk from ears. Wash corn under cool running water. Put corn into boiling water. Do not cover pot. Blanch corn kernels for 4 minutes or whole ears of corn for 7 to 11 minutes, depending on size of ear.

**Microwave.** Remove husk and silk from corn. Wash corn under cool running water. Put 2 ears of corn into a microwave-safe dish with 3 tablespoons of water or wrap ears in wax paper. Microwave on high for 3 to 6 minutes.

*Note: Microwave cooking times are provided as a guide. Cooking times vary due to differences in microwave ovens. Check product often for desired doneness.*

**Roast.** Peel back husk and remove silk. Replace the husk. Soak corn in husk in cold water for 5 minutes (or wrap in aluminum foil if no husk). Put on hot grill for 8 to 15 minutes.

## HOW TO PRESERVE

### FREEZING WHOLE CORN KERNELS

Select ears with plum, tender kernels and thin, sweet milk. Remove husks and silk. Wash corn under cool running water. Blanch ears for 4 minutes. Cool promptly in several changes of cold water and drain. Cut kernels from the cob at about 2/3 the

depth of the kernels. (For cream-style corn, cut the kernels at about the center of the kernel and then scrape the cobs with the back of the knife to remove the juice and hearts of the kernels. Tip: Use a Bundt cake pan to keep the corn cob steady in the center and to catch the scraped kernels).

Pack corn into freezer containers, leaving ½ inch headspace. Seal, label, date and freeze. Use frozen corn within 8 to 12 months for best quality.

### FREEZING CORN ON THE COB

Increase blanching time to 7 minutes for small ears, 9 minutes for medium ears and 11 minutes for large ears. After cooling, tightly wrap ears individually in moisture vapor-proof film and pack in plastic freezer bags. Seal, label, date and freeze.

Do not freeze more than 1 quart (2 to 3 pounds) of food per cubic foot of freezer capacity per day. One cubic foot will hold 30 quarts of food.

### CANNING CORN

PRESSURE CANNING IS THE ONLY SAFE METHOD FOR CANNING CORN DUE TO ITS LOW ACID CONTENT.

### CANNING WHOLE KERNEL

Select ears containing slightly immature kernels, or corn of ideal quality for eating fresh. Canning some sweeter varieties or too immature kernels may result in browning. Can a small amount and check color and flavor before canning large quantities. Remove husk and silk. Wash corn under cool running water. Blanch 3 minutes in boiling water. Cut corn from cob at about 2/3 the depth of the kernels. An electric knife works well.

**Caution: Do not scrape cob.** Scraping removes the starchy liquid from the kernels and increases the time required to safely process the corn.

**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 of salt per quart to the jar, if desired. Fill jars with corn and cooking liquid, leaving 1-inch headspace. Remove air bubbles and wipe jar rims. Place each lid, gasket down, onto the cleaned jar sealing surface. Then fit the metal screw band over the flat lid and follow the manufacturer's guidelines enclosed in or printed on the box for tightening the jar lids properly. Process using general pressure canner directions (Tables 1 and 2)

**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. Adjust lids and process following the recommended times (Table 1 or 2).

**Table 1.** Recommended process time for Whole Kernel Corn in a dial-gauge pressure canner.

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

2-1/2 cups chopped celery  
 1-1/4 cups diced onions  
 1-3/4 cups sugar  
 5 cups vinegar (5 percent)  
 2-1/2 tbsp canning or pickling salt  
 2-1/2 tsp celery seed  
 2-1/2 tsp dry mustard  
 1-1/4 tsp turmeric

**NOTE:** ADDING THE AMOUNT OF VINEGAR INDICATED IN THIS RECIPE IS CRITICAL FOR THE RECIPE TO BE SAFE WHEN CANNING USING A BOILING-WATER CANNER.

**Fresh corn :** Remove husks and silks. Cook ears of corn in boiling water about 5 minutes; remove and plunge into cold water. Drain; cut from the cob. **DO NOT SCRAPE the cob.**

**Frozen corn :** Defrost in the refrigerator overnight or in a microwave oven.

**Table 2.** Recommended process time for Whole Kernel Corn in a weighted-gauge pressure canner.

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

### CANNING CREAM STYLE CORN

To each quart of corn and scrapings, add two cups of boiling water. Heat to boiling. Add 1/2 teaspoon salt to each jar, if desired. Fill pint jar with hot corn mixture, leaving 1-inch headspace. Adjust lids and process according to the recommendations (Tables 3 or 4).

**Table 3.** Recommended process time for Cream Style Corn in a dial-gauge pressure canner.

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

**Table 4.** Recommended process time for Cream Style Corn in a weighted-gauge pressure canner.

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

### To Make Relish

Combine peppers, celery, onions, sugar, vinegar, salt and celery seed. Cover pan until mixture starts to boil, then boil uncovered for 5 minutes, stirring occasionally. Mix mustard and turmeric in 1/2 cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer another 5 minutes. If desired, thicken mixture with flour paste (1/4 cup flour blended in 1/4 cup water) and stir frequently to prevent sticking and scorching. Fill jars with hot mixture, leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process (Table 5).

**Table 5.** Recommended process time for Pickled Corn Relish in a boiling-water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	15 min	20	25

### Pickled Corn Relish

10 cups fresh whole kernel corn (16 to 20 medium-size ears), or six 10-ounce packages of frozen corn  
 2-1/2 cups diced sweet red peppers  
 2-1/2 cups diced sweet green peppers

## FURTHER INFORMATION

Food Domain Website

[www.fooddomain.msu.edu](http://www.fooddomain.msu.edu)

National Center for Home Preservation

<http://www.uga.edu/nchfp/index.html>

“So Easy to Preserve” 5th ed. 2006. Cooperative Extension Service, The University of Georgia, Athens.

<http://www.uga.edu/setp/>

Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices

<http://www.cfsan.fda.gov/~dms/prodsafe.html>

Food Stamp Nutrition Connection Recipe Finder

[http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=30](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=30)

*This bulletin replaces E-2664 Using, Preparing, Preserving Series-Corn (Michigan State University Extension, 1990)*

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Development of this material was funded by USDA's Food Stamp Program.

10/06

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