Selection:

Choose corn ears with green husks, fresh silks, and tight rows of kernels. Kernels that are too large will be chewy and pasty. Avoid ears with rows of missing kernels.

Storage:

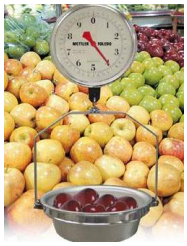
Store unwashed corn with husks in refrigerator. Cook corn as soon as possible for maximum sweetness.

Refrigerator: 1 to 2 days

Use:

Remove the husk and silk of the corn ear and throw away. Rinse the corn ear thoroughly before preparing. Corn on the cob can be microwaved, grilled, steamed, or boiled. When boiling, place corn in boiling water for 5-10 minutes. Corn can be removed from the cob, or eaten on the cob.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Corn ears can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the amount of corn you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Corn

Use this table to find the total cost.
Example: What is the total cost for 3.5 lbs of corn at $1.09 per lb? **3.5 lbs x $1.09 = $3.82**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

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Nutrition:

1 medium ear Corn

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%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 medium ear of corn. All ears of corn are not the same size, but you can use this to estimate the nutrition content for smaller or larger ears of corn.

Recipe:

Corn Salad

Preparation Time: 10 minutes
Serves 6
Cups of Vegetables per Serving: 1

Ingredients:

2 tablespoons olive oil
1 cup red onion, minced
2 teaspoons chili powder
1 teaspoon cumin
3 cups canned corn or thawed frozen corn
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
1½ cups tomatoes, seeded and diced
4 tablespoons cilantro, chopped
3 tablespoons cider vinegar
salt and pepper to taste (optional)

Preparation:

1.) In a small sauté pan, warm olive oil over medium heat. Add onion and sauté for 2 minutes.
2.) Add chili powder and cumin and sauté for 1 minute. Cool.
3.) In a medium serving bowl, combine corn, bell peppers, tomatoes, and cooled onions. Toss to mix.
4.) Add cilantro, vinegar, and salt and pepper to taste. Toss well to mix.

Nutrition Information per Serving:
Calories 138, Total Fat 5 g, Saturated Fat 0.7 g, Cholesterol 0 mg, Sodium 20 mg, Carbohydrates 23 g, Dietary Fiber 4 g, Protein 4 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.