

Using, Storing and Preserving



Sweet Corn

Prepared by:

Lisa Treiber, MSU Extension educator

Michigan-grown sweet corn is available during August and September.

Recommended varieties

Of the more than 60 varieties that fall into the sweet corn category, names one might recognize would include Peaches and Cream, Jubilee, Silver Queen, Butter and Sugar, Kandy Korn, Tuxedo, Cotton Candy and Illini Gold.

Storage and food safety

- Preserve corn within 2 to 6 hours of harvest for best quality.
- Purchase a product that is not buggy or damaged.
- Do not wash corn in the husk before storing. Store the corn in its husk in the refrigerator.
- Use a separate cutting board for vegetables and keep corn away from raw meat and meat juices to avoid cross-contamination.
- 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.
- For best quality and nutritive value, preserve no more than your family can consume in 12 months.

Yield

1 pound	=	five medium ears of corn or 5 to 6 half-cup servings of corn kernels
4 to 5 pounds of corn	=	2 pints frozen or canned corn kernels
20 pounds (in husks)	=	a canner load of 9 pints
31½ pounds (in husks)	=	a canner load of 7 quarts
1 bushel (in husks)	=	35 pounds



How to preserve

Freezing whole corn kernels

Select ears with plump, tender kernels and thin, sweet milk. Remove husks and silk. Wash corn under cool running water. Blanch ears in boiling water for 4 minutes. Cool promptly in ice water and drain. Cut kernels from cob at about two-thirds 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 $\frac{1}{2}$ inch headspace. Seal, label, date and freeze the container. 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. Immerse in ice water for the same amount of time that corn was blanched, then blot dry with paper toweling. Tightly wrap ears individually in moisture vapor-proof film and pack in plastic freezer bags. Seal, label, date and freeze the cobs. 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 BECAUSE OF ITS LOW ACID CONTENT.

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Canning whole-kernel corn

Select ears containing slightly immature kernels, or corn of ideal quality for eating fresh. Canning some sweeter varieties or kernels that are too immature may result in browning. White sweet corn varieties can appear a little grayish after canning and have less nutrition than yellow or bicolor varieties. Can a small amount and check color and flavor before canning large quantities. Remove husks and silk. Wash corn under cool running water. Blanch 3 minutes in boiling water. Cut corn from cob at about two-thirds the depth of the kernels. An electric knife works well for this project.

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: Add 1 cup boiling water to each 4 cups of corn and bring to a boil. Simmer 5 minutes. Pack hot corn into hot jars, leaving 1 inch headspace. Add ½ teaspoon salt to pints, 1 teaspoon to quarts, if desired. Fill jar to 1 inch from top with boiling hot cooking liquid. Remove air bubbles. Wipe jar rims. Adjust lids and process in a dial-gauge pressure canner OR in a weighted-gauge pressure canner: pints 55 minutes, quarts 85 minutes, following the directions below.

Raw pack: Pack corn into hot jars, leaving 1 inch headspace. Add ½ teaspoon salt to pints, 1 teaspoon to quarts, if desired. Fill jars to 1 inch from top with boiling water. Remove air bubbles. Wipe jar rims. Adjust lids and process in a dial-gauge pressure canner OR in a weighted-gauge pressure canner: pints 55 minutes, quarts 85 minutes, following the directions

below. Let jars stand undisturbed on the counter for 24 hours, remove rings, check to make sure lids are sealed, wash jars, label, date and store.

Canning cream-style corn

Remove corn husks and silk; wash ears. Blanch ears 4 minutes in boiling water. Cut corn from cob at center of kernel. Scrape remaining corn from cobs with a table knife. CAUTION: Quart jars are not recommended because of the denseness of the canned product.

Hot pack: Add 1 cup boiling water to each 2 cups of corn, bring to a boil. Pack corn into hot pint jars, leaving 1 inch headspace; add ½ teaspoon salt, if desired. Remove air bubbles. Wipe jar rims. Adjust lids and process in a dial-gauge pressure canner OR in a weighted-gauge pressure canner: pints 85 minutes, following the directions below. Let jars stand undisturbed on the counter for 24 hours, remove rings, check to make sure lids are sealed, wash jars, label, date and store.

References

Food Preservation Series – Corn. 2006. Michigan State University Extension.

So Easy to Preserve. 2006. University of Georgia Cooperative Extension Service.

Let's Preserve Sweet Corn. 2008. Penn State College of Agricultural Sciences.

Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA, revised 2009.

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	12	13	14
	Quarts	85	11	12	13	14

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	15
	Quarts	85	10	15

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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	12	13	14

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	15

Pickled Corn Relish

10 cups fresh whole-kernel corn (16 to 20 medium-sized ears) or six 10-oz packages of frozen corn	1 ¾ cups sugar
2 ½ cups diced sweet red peppers	5 cups vinegar (5 percent)
2 ½ cups diced sweet green peppers	2 ½ tbsp canning or pickling salt
2 ½ cups chopped celery	2 ½ tsp celery seed
1 ¼ cups diced onions	2 ½ tbsp dry mustard
	1 ¼ 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 BATH CANNER.

Fresh corn: Remove husks and silk. 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.

To make relish:

Combine peppers, celery, onions, sugar, vinegar, salt and celery seed. Cover pan and heat until mixture starts to boil, then boil uncovered for 5 minutes, stirring occasionally. Mix mustard and turmeric in ½ 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 (¼ cup flour blended in ¼ cup water) and stir frequently to prevent sticking and scorching. Fill jars with hot mixture, leaving ½ inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids and process 15 minutes in a boiling water bath. Let jars stand undisturbed for 24 hours, remove rings, check to make sure lids are sealed, wash jars, label, date and store.



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