



## *VT Grown "Sweet Corn"*

#CW956 | 60/Cnt

### Overview:

"Sweet Corn" is one of many varieties of corn, but this type is meant specifically for eating and enjoying. Sweet Corn has a high sugar content and is picked immature before these sugars have a chance to turn into starch. This is what makes it the best and sweetest corn for eating. In contrast, cow ("Field") corn has a high starch and low sugar content and is typically left to dry on the stalk and is then used in animal feeds and grains.

### Growing Regions & History

There are several varieties of sweet corn, and many farmers grow several varieties each year. Sweet corn is in season from mid or late July through early September, or a bit longer depending on weather. Sweet corn is grown in all 50 states, with Florida, Washington, Georgia, California, New York and Oregon as the largest producers. Sweet corn has a long and rich history, it was first cultivated by Native Americans, hundreds of years ago.

### Nutrition:

The main nutritional benefit of sweet corn is its high fiber content, with over 4 grams per serving. Note that a cup of corn contains approximately 125 calories.

### Preparation & Storage:



Sweet corn can be enjoyed in many ways, whether by grilling, boiling, microwaving or roasting. Some growers boast that their varieties of sweet corn are so sweet they can be eaten raw. Note that the best way to store corn is refrigerated, in the husk, so moisture and flavor are retained.

