



Corn on the Cob

#J5792 | 48/Cnt

Overview:

Corn on the cob is one of the true icons of summer, loved for its sweet flavor, juicy kernels, and satisfying crunch. Whether it's served fresh off the grill, boiled for a backyard cookout, or cut from the cob into seasonal dishes, corn has a way of bringing people together around the table. Its natural sweetness develops as the kernels mature, making peak-season corn especially memorable.

Background:

Corn has been cultivated in the Americas for thousands of years and remains one of the most important crops grown today. Native peoples first domesticated corn from wild grasses, and over generations it became a staple food across continents. Sweet corn varieties were later developed specifically for fresh eating, creating the tender, flavorful ears we enjoy today.

Season & Sourcing:

Fresh sweet corn thrives in warm weather and reaches its peak during the summer months. Major growing regions include Florida, Georgia, California, Washington, and much of the Midwest. Local corn harvests often become highly anticipated seasonal events thanks to the exceptional flavor of freshly picked ears.

Characteristics:

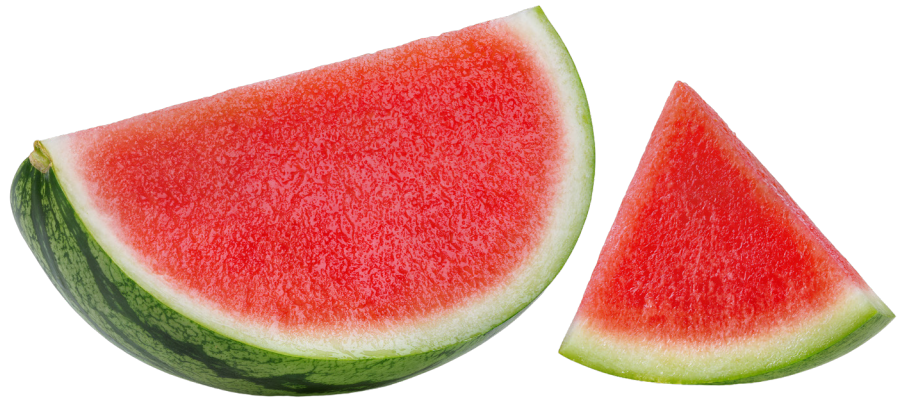
Corn on the cob features rows of plump kernels tightly packed around a central cob. The kernels can range from pale yellow to deep golden hues, depending on the variety. Fresh corn offers a juicy snap when bitten into and delivers a balance of sweetness and creaminess that few vegetables can match.

Preparation:



Remove the husks and silk before cooking. Corn can be boiled, steamed, grilled, roasted, or even cooked directly in the husk for added flavor. It's delicious with simple butter and seasoning, but also pairs well with herbs, spices, cheeses, and flavored spreads. Leftover kernels can be cut from the cob and added to salads, salsas, soups, and pasta dishes.





Seedless Watermelon

#FT524 | 1/Cnt

Overview:

Seedless watermelon is summer in a fruit bowl - refreshing, juicy, and packed with sweet flavor. With its bright red flesh and easy-to-eat convenience, it's become a warm-weather favorite for everything from picnics and pool parties to everyday snacking. The lack of mature seeds means more fruit in every bite and less time picking around them.

Background:

Watermelons originated in Africa and have been cultivated for thousands of years. Seedless varieties were developed through specialized breeding techniques that produce fruit without the large black seeds found in traditional watermelons. Their convenience and consistently sweet flavor have made them one of the most popular melon varieties on the market.

Season & Sourcing:

Watermelons thrive in hot, sunny climates and are widely grown throughout the southern United States. States such as Florida, Texas, Georgia, and California are major producers, with peak domestic season stretching from late spring through summer. Imports help maintain availability during other parts of the year.

Characteristics:

Seedless watermelons have a thick green rind surrounding crisp, juicy red flesh. While you may occasionally find small white seed coats, they are soft and edible. The fruit is known for its refreshing texture, high juice content, and clean, sweet flavor that makes it especially enjoyable when served chilled.

Preparation:



Slice into wedges, cubes, sticks, or melon balls depending on the occasion. Watermelon is excellent on its own, but also pairs surprisingly well with ingredients like mint, basil, lime, feta cheese, and cucumber. Blend it into beverages, freeze it for a cool treat, or add it to fruit salads for a burst of color and sweetness.

