**What’s Fresh:**

**Corn**

**It’s naturally good!**
- Good source of dietary fiber
- Rich in vitamin C & magnesium
- Contains B vitamins & potassium

**Storage Tips:**
- To keep fresh, store in the refrigerator.
- Eat within 3-5 days.

**Preparation Tips:**
- Many cooking methods do not require corn to be husked before-hand (see below).
- **To “shuck” corn:** Peel away the outer leaves and any silky threads, pulling all the way to the bottom. Snap off at the base and discard.
- Leave corn on the cob whole or cut in half cross-wise.
- **To remove kernels:** Cut off the stem. Stand the corn upright (cut-side down); hold the corn steady at the top and use a knife to cut the kernels from the cob.

**Too much of a good thing?**

**Freeze it!**

Boil the corn cob for 4 minutes, then transfer to a bowl filled with ice water. Drain, cut kernels from the cob and store in a freezer-safe container for 4-6 months.

**Ways to eat corn:**
- **Eat it raw.** Corn can be enjoyed raw on the cob, or cut off the kernels for a salad.
- **Add it to soups & stews.** Add kernels to simmering liquid and cook for 5 minutes. **Add to salsas, tacos, quesadillas and burritos.** Cooked or raw, the perfect combo!
- **Boil it.** Bring a pot of salted water to a boil; cook ears until tender, about 5 minutes. Drain.
- **Steam it.** In a pot with a steamer tray, bring a few inches of water to a boil. Add corn on the cob whole or in halves and cover; cook 7-10 minutes or until tender.
- **Microwave it.** Place 1-4 ears of corn (un-shucked) in the microwave. Cook for 2-4 minutes. Allow the ears to cool before removing the husks before serving. Note: if corn does not have husks, you may wrap the corn in microwave-safe plastic wrap or damp paper towels.
- **Roast it.** Preheat the oven to 350°F. Place corn husks directly on the oven rack. Roast for 30 minutes or until corn is soft. Allow to cool before removing the husks.
- **Grill it.** *In its husk:* Grill un-shucked corn directly on the grill rack, turning occasionally, until tender—about 15 minutes. *In foil:* Shuck corn and wrap with foil (you may add butter or oil and seasonings). Grill for 15 minutes, turning occasionally. *Naked:* Shuck corn and brush with oil. Grill over high heat, turning occasionally, until charred and cooked through—about 10 minutes.

See more recipes on the back.
**Southwestern Bean & Corn Salad***

**Ingredients:**
- 4 ears of corn, shucked and rinsed
- 1 medium bell pepper, diced
- 1 small onion, diced
- 2 (15-oz.) cans beans (any kind), drained & rinsed
- ¼ cup chopped cilantro leaves (optional)

**Directions:**
1. Boil, steam or microwave the corn following instructions on the front of this sheet or leave the corn raw. Remove kernels from the corn (cooked or raw) using a knife.
2. In a large bowl, combine corn kernels with the remaining ingredients. Mix well. Refrigerate before serving.

**Corn Succotash**

**Ingredients:**
- 2 Tablespoons oil
- 1 onion, chopped
- 1 bell pepper, diced
- 2 cloves garlic, minced (or 1/2 tsp garlic powder)
- 1 jalapeño, seeded & diced (optional)

**Directions:**
1. Heat oil in a skillet over medium-high heat. Add onions and peppers. Cook, stirring frequently, until tender but crisp, about 5 minutes. Add garlic and jalapeño (if using). Cook for 2 more minutes.
2. Add corn, drained beans, drained tomatoes, salt and pepper. Cook, stirring frequently, 3-5 more minutes. Serve warm.

**Mexican Skillet**

**Ingredients:**
- 1 tablespoon oil
- 1 onion, chopped
- 1 teaspoon cumin
- 2 ears of corn, shucked and kernels removed
- 1 (15-oz.) can beans, drained & rinsed
- 1 (15-oz.) can diced tomatoes or (16-oz.) jar salsa
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

**Directions:**
1. In a large skillet over medium heat, heat oil. Add onion; cook, stirring often, until soft, about 3-5 minutes.
2. Stir in seasonings, tomatoes/salsa, beans and corn. Cook until mixture begins to bubble. Reduce heat to low and cook for 5 more minutes. Add cooked rice, stir to combine and heat through. Serve warm.

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*Recipe from Share Our Strength’s Cooking Matters™*