

# Corn

Wind pollination is critical for corn ear development. Four-row wide plantings are advised to facilitate movement of pollen from the tassels to the ears on the stalks.

## Grow it

### Varieties

- A standard variety that performs well is Sweet G - 90. Other supersweet varieties can be recommended by your county Extension office.

### Planting

- Sweet corn grows best when planted in several short rows instead of one long row. This makes it easier for the corn plants to pollinate.
- Plant the corn seeds 1 inch deep and 10 inches apart in the row. Space the rows 2½ to 3 feet apart.

### Fertilizing

- Incorporate a cup of 15-5-10 fertilizer or ¼ to ½ cup of organic fertilizer per 10 feet of row prior to planting. Water after fertilizing.



### Watering

- Water sweet corn as needed to keep it from wilting. Do not let corn suffer from lack of water when the kernels are forming.

### Care During the Season

- Pull weeds that begin to grow around the plant

### Harvesting

- Corn is ready for harvest about 3 weeks after the tassel grows on top of the corn plant.

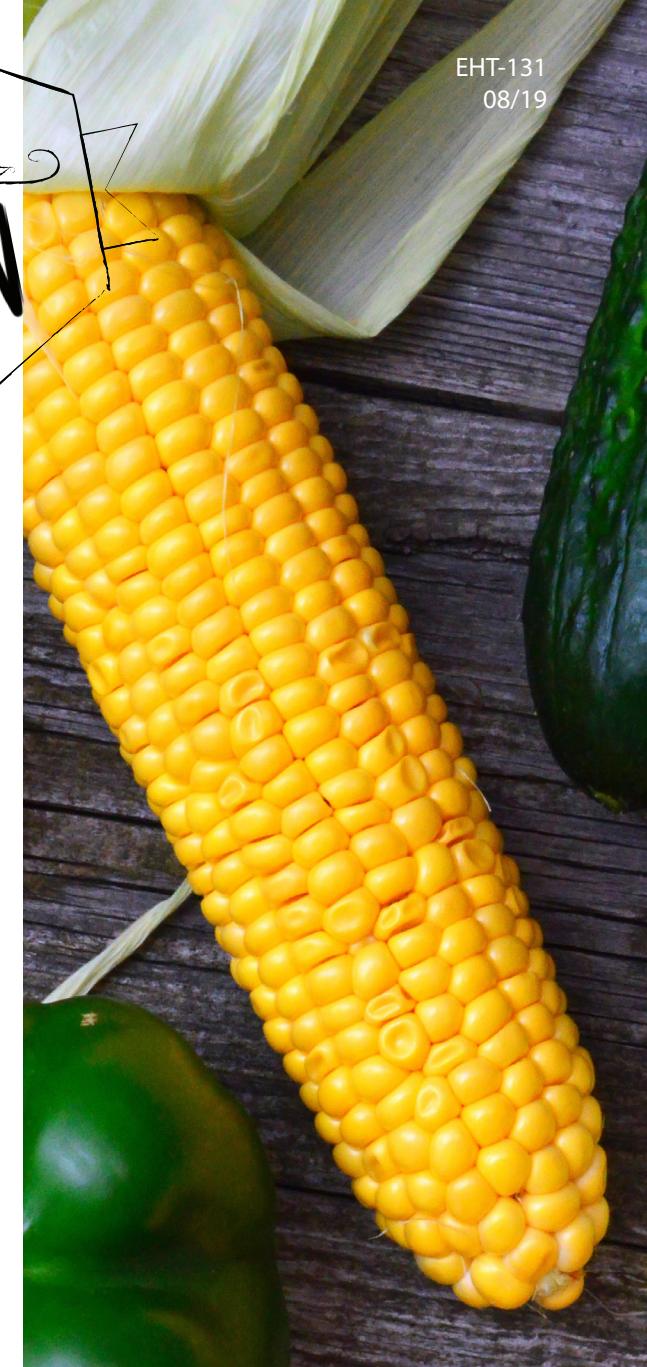
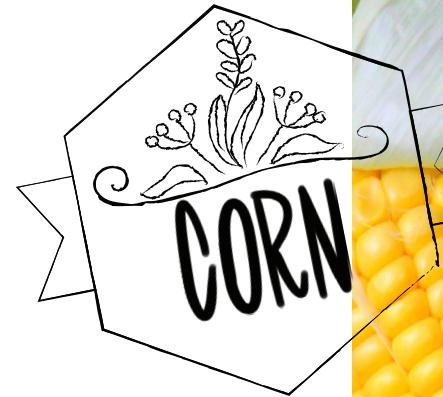
- Corn is ripe when juice from the kernels is milky white, the silk on the ears has turned dark brown, the ears are firm, and kernels on the tips of the unhusked ears are plump and milky.
- To harvest the ears, hold the stalk below the ear and twist the tip of the ear toward the ground until it breaks off.

### Insects & Diseases

- The major pest in corn is corn earworm. Typically, they only feed on the tip of the ear.

### Storing & Serving

- Corn has small amounts of many vitamins and minerals and is best when cooked immediately after picking.
- It can be cooked either on or off the cob.
- Remove husks, silk, and bad spots just before cooking.
- Corn which is past its best quality is still good as cream-style corn.
- Store corn in the husk. Place it uncovered in the refrigerator for 1 to 2 days.
- Corn stored for more than 2 days loses its sweetness.



full



well drained soil

continued ➤



## 🛒 Buy it

- Choose ears with green husks, fresh silks, and tight rows of kernels.

## ❤️ Use it

### Edamame Corn Salad

Course: Side Dish Serves: 4

#### Ingredients

3 cup corn	1/4 cup chopped fresh cilantro
2 cup edamame	2 Tbsp olive oil
1/2 cup red onion	1 Tbsp lime juice
1 avocado	2 oz feta cheese
1 tomato	

#### Instructions

- Mix together corn, edamame, red onion, avocado, and tomato.
- Whisk together olive oil and lime juice. Pour over corn mixture.
- Top with cilantro and feta cheese.



## 🥄 Store it

- Refrigerate corn with husks for use as soon as possible—within 1 to 2 days.

### Corn Stuffed Pork Chops

Course: Kid Friendly, Main Dish, Vegetables

Serves: 4

#### Ingredients

1/4 cup onion chopped
1/4 cup chopped green bell pepper
1 tsp olive oil
3/4 cup fresh or frozen corn kernels, thaw if frozen
1 cup chicken stuffing mix low sodium
2 tbsp canned, diced pimientos
1/8 tsp ground cumin
1/8 tsp ground black pepper
44 oz extra lean pork chops or loin

#### Instructions

- In a large skillet, sauté onion and green pepper in olive oil for 3-4 min or until tender.
- Stir in the stuffing mix, corn, pimientos, cumin, and pepper.
- Cut a pocket in each pork chop by making a horizontal slice almost to the bone. Fill with stuffing.
- Secure with toothpicks if necessary.
- Place in an 11x 7x 2-in. baking dish coated with cooking spray.
- Bake, uncovered, at 375° F for 35-40 min or until meat juices run clear and meat thermometer reads 160° F.
- Discard toothpicks before serving.

Recipes provided by Dinner Tonight. For nutritional information:

<https://dinnertonight.tamu.edu/recipe/edamame-corn-salad/>

<https://dinnertonight.tamu.edu/recipe/corn-stuffed-pork-chops/>

## 📖 Learn about it

- An average ear of corn has 16 rows of kernels for a total of 800 individual kernels, each with its own piece of silk.
- Corn is free of fat, saturated fat, and cholesterol.
- It is low in sodium and high in Vitamin C.

Information gathered by Aggie Horticulture

