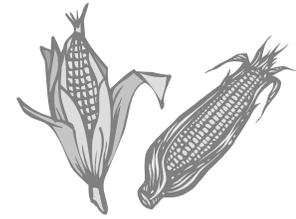




Sweet Corn



**RECOMMENDED
VARIETIES:**

Jubilee, NK 199, and Merit are good yellow varieties. Sweet Sue and Penn Fresh ADX are good extra sweet varieties. Butter and Sugar and Bi-Queen are good bicolor varieties.

QUANTITY:

A bushel of ears weighs 35 pounds and yields 6 to 11 quarts of whole kernel style, or 12 to 20 pints of cream style corn. An average of 31.5 pounds (in husks) are needed for a 7-quart canner load of whole kernel corn. An average of 20 pounds is needed for a 9-pint canner load of cream style. An average of 2.5 pounds makes 1 pint of frozen whole kernel corn.

QUALITY:

Preserve corn within 2 to 6 hours after harvest for best quality. Select ears containing kernels of ideal maturity for eating fresh. Sweeter varieties may turn brown when canned, especially if processed at 15 pounds of pressure. Can a small amount and check color and flavor before canning large amounts.

PREPARATION:

Husk ears, remove silk, trim out insect-damaged kernels if needed, trim off ends of ears to remove small fibrous kernels, and wash ears. To prepare whole kernel corn for freezing or canning, place ears in 1 gallon of boiling water and blanch 3 minutes after the water returns to a boil. Cool ears and cut kernels from cob at about three-fourths of their depth. Do not scrape the cob. To prepare cream style corn for freezing or canning, blanch ears 4 minutes in boiling water. Cool ears and cut kernels from cob at about one-half of their depth. Scrape the cob with a knife to remove the remainder of the kernels and combine with half-kernels. To prepare corn-on-the-cob for freezing, blanch small ears 7 minutes in boiling water; blanch medium size ears 9 minutes, and large ears 11 minutes. Cool in several changes of cold water and drain. If desired, cut ears into uniform 4-, 6-, or 8-inch pieces.

**FREEZING
PROCEDURE:**

Don't freeze more than 2 pounds of food per cubic foot of freezer capacity per day. To package whole kernel of cream style corn, fill pint- or quart-size freezer bags to a level of 3 to 4 inches from their tops. Squeeze out air, leave 1-inch headspace, label, and freeze. Before freezing, bags may be inserted into reusable rigid plastic freezer containers for added protection against punctures or freezer burn. To package corn-on-the-cob, fill into quart or half-gallon freezer bags. Squeeze out air, seal, label, and freeze.

**CANNING
PROCEDURE:**

PRESSURE CAN

Wash jars. Prepare lids according to manufacturer's instructions. Whole kernel corn may be canned in pints or quarts. Cream style corn must be packed in half-pint or pint jars only. If desired, add 1 teaspoon salt per quart, 1/2 teaspoon per pint, or 1/4 teaspoon per half-pint jar. For raw-packed whole kernel style corn, fill jars with cut product, leaving 1-inch headspace. Add boiling water over the corn in each jar, leaving 1-inch headspace. Wipe sealing surface of jars with a clean, damp paper towel, add lids, tighten screw bands, and process. For hot packs, add 1 cup of hot water to each quart of whole kernel or cream style corn in a large pan, and heat to boil. Fill jars with hot corn and cooking liquid, leaving 1-inch headspace. Wipe the sealing surface of the jars with a clean, damp paper towel, add lids, tighten screw bands, and process.

PROCESS TIMES:

To process in a pressure canner, place jar rack, 2 inches of water, and sealed jars in canner. Fasten lids, heat canner on high setting. After exhausting steam 10 minutes, add weighted gauge or close petcock to pressurize canner. Start timing the recommended process when the desired pressure is reached.

Recommended process times in a pressure canner at designated altitudes for whole kernel corn

		Dial gauge canner			Weighted gauge canner	
		Canner gauge pressure at altitudes of				
Style of pack	Jar Size	Process time (mins)	0-2000 ft (lbs)	2001-4000 ft (lbs)	0-1000 ft (lbs)	Above 1000 ft (lbs)
Raw or hot	Pint	55	11	12	10	15
	Quart	85	11	12	10	15

Recommended process times in a pressure canner at designated altitudes for cream style corn

		Dial gauge canner			Weighted gauge canner	
		Canner gauge pressure at altitudes of				
Style of pack	Jar Size	Process time (mins)	0-2000 ft (lbs)	2001-4000 ft (lbs)	0-1000 ft (lbs)	Above 1000 ft (lbs)
Raw or hot	Pint	85	11	12	10	15

Regulate heat to maintain a uniform pressure. When processing is complete, remove canner from heat. Air-cool canner until it is fully depressurized. Then slowly remove weighted gauge or open petcock, wait 2 more minutes, and unfasten and carefully remove canner lid.

After processing is completed, remove jars from canner with a jar lifter and place on a towel or rack. *Do not retighten screw bands.* Air-cool jars 12 to 24 hours. Remove screw bands and check lid seals. If the center of the lid is indented, wash, dry, label, and store jar in a clean, cool, dark place. If lid is unsealed, examine and replace jar if defective, use new lid, and reprocess as before. Wash bands and store separately. Canned sweet corn is best if consumed within a year and safe as long as lids remain vacuum sealed.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

HANDOUT DEVELOPED BY: WSU Master Food Preservers

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