



Your go to source for what's "Growing On"

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What Makes Sweet Corn Sweet?

Sweet corn can be traced back to the 19th century when a gene of field corn mutated. The mutated gene caused the corn to taste sweet rather than starchy. Sweet corn is shorter, matures faster, and its kernels have a higher sugar content than field corn. Field corn is harvested in the fall, after the plant dies and the seeds are dry and hard and is used for livestock feed, ethanol, corn meal, corn starch, corn syrup and more.

Farmers in the U.S. grow three main types of sweet corn; standard, supersweet and sugar-enhanced. Standard sweet corn varieties possess the traditional sweet corn flavor and texture. It tastes the sweetest on the day it's harvested. Supersweet corn contains up to twice the amount of sugar as standard varieties and can be harvested and stored over a longer time period. Sugar-enhanced sweet corn's sugar content is between those of standard and supersweet varieties and is tender and easy to chew. If



you're interested in knowing what type of sweet corn is sold at a farm or farmers' market, don't be afraid to ask the farmer.

To select sweet corn at a farm or farmers' market, check for plump ears with silks at the end that are brown and starting to dry and husks that are bright green and supple. Skinny ears with extra pointy ends and white silks are immature. Avoid buying ears with completely dry silks and husks that are pale green, brownish and dry-

looking. This indicates over-mature or not freshly picked corn.

To enjoy locally grown sweet corn this summer, take a trip to your local farm or farmers' market. Get it while it lasts – it's available now through the beginning of September.



Ingredients

Ingredients for the Corn Stock:

- 4 cups chicken broth
- 1 1/2 cups milk
- 1 cup heavy cream

Ingredients for the Corn Chowder:

- 4 cups corn kernels (from 4-5 ears corn) reserve cobs for stock
- 4 oz (4 slices) bacon, chopped
- 1 large onion finely diced (1 1/2 cup)
- 1 large carrot cut into 1/4" dice (1 cup)
- 3 stalks celery finely diced (1 cup)
- 1 lb Yukon potatoes 3 medium, peeled and cut into 1/4" thick pieces
- 2-3 tsp sea salt or to taste
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper or to taste
- 2 Tbsp Chives chopped, to garnish



Corn Chowder Recipe

This fresh corn chowder recipe is loaded with summer produce at its peak of freshness. This is a crowd-pleasing chowder that is perfect for entertaining on cool summer nights.

Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes
Servings: 8 cups

Instructions

How to Make Corn Stock:

1. Cut the kernels from the cobs and set kernels aside for making chowder.* Place the bare cobs in a stockpot.
2. Add 4 cups broth, 1 1/2 cups milk, and 1 cup cream to pot. Bring to a boil then reduce heat and simmer un-covered 20 minutes while making the chowder. Use tongs to remove and discard cobs before using corn stock in step 3.

How to Make Corn Chowder:

1. Place a 5 Qt dutch oven over medium/high heat. Add chopped bacon and cook stirring occasionally until browned. Remove bacon bits with a slotted spoon and set aside.
2. In the same pot, add chopped onion, celery and carrot to the bacon fat and cook uncovered, stirring occasionally, until onion is soft (7-8 min).
3. Add sliced potatoes, 4 cups corn kernels, 2 tsp salt, 1/4 tsp black pepper, and 1/4 tsp cayenne pepper. Pour corn stock into the pot, bring to a light boil then simmer uncovered 10-15 minutes or until potatoes are tender. Season with salt and pepper to taste**. Ladle into bowls and garnish with reserved bacon and chopped chives.

Recipe Notes

*After cutting the corn off the cobs, remove as much of the silk threads as possible to give your finished chowder a smooth consistency.

**Corn can have varying degrees of sweetness, if your corn is super sweet, you can add a little more salt to balance the sweetness.

FOR A CREAMIER SOUP: transfer 1/4 of the soup to a blender and blend until smooth then stir it into the rest of your chowder.

Nutrition Facts

Calories 321

Calories from Fat 171

	% Daily Value
Total Fat 19g	29%
Saturated Fat 9g	56%
Cholesterol 53mg	18%
Sodium 767mg	33%
Potassium 699mg	20%
Total Carbohydrates 30g	10%
Fiber 3g	13%
Sugars 7g	8%
Protein 10g	20%
Vitamin A 2080IU	44%
Vitamin C 13.3mg	16%
Calcium 108mg	11%
Iron 2.6mg	14%

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For more about what's
"growing on," please visit:
HarvestConnection-NY.com

Farm fresh from the Capital Region



Harvest Connection is an initiative led by Rensselaer County. Our goal is to connect farms and families with the participation of farms in Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady and Washington counties.

This newsletter proudly brought to you by Cornell Cooperative Extension of Rensselaer County and Rensselaer County Economic Development & Planning.

For information about upcoming programs please visit: <http://www.ccerensselaer.org>

Corny Jokes

