

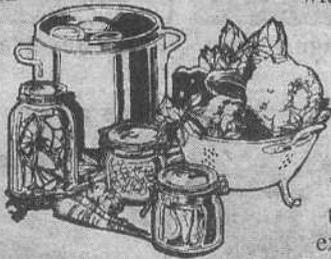
# Well Preserved

*The Well-Preserved news column is prepared by Lancaster County Cooperative Extension.*

## Success with Sweet Corn

Corn can be preserved with equally good results by freezing or canning. Preserve corn as soon after harvesting as possible. The corn will be best if canned or frozen within six hours of being picked. Select tender ears of corn with milky kernels. After husking and removing the silk, trim off the ends of the ears to remove small fibrous kernels. Wash corn before blanching.

Blanch corn 4 minutes for can-



ning. Cool ears and cut kernels from the cob. For whole kernel corn cut kernels at about 3/4 of their depth. Do not scrape the cob. For cream style corn cut kernels at 1/2 their depth. Scrape the cob with a knife to remove the remainder of the kernels and combine with the half-kernels.

Whole kernel corn may be canned in pints or quarts. Salt may be added for flavor but is not needed for safety. The high starch content in corn causes it to expand during processing. Pack corn loosely in the jar and allow one inch of headspace. To raw pack corn, put whole kernel corn in jars and cover with boiling water. For hot packs, add one cup

of hot water for each quart of whole kernel corn, bring to a boil, and simmer 5 minutes. Fill jars with hot corn and cooking liquid.

Because of its increased density, cream-style corn must be packed in half-pint or pints jars only. Hot pack cream-style corn by adding one cup of boiling water to each two cups corn. Heat to a boil and simmer 3 minutes before packing hot corn into jars leaving one inch of headspace.

Because corn is a low-acid food, it must be processed in the pressure canner. It is not safe to process corn in a boiling water bath. Process in a dial gauge canner at 11 pounds pressure or a weighted gauge canner at 10 pounds pressure at altitudes below 2,000 feet. Process pints of whole kernel corn 55 minutes and quarts 85 minutes. Process pints or half-pints of cream-style corn for 85 minutes.

Corn may turn brown during processing because the very high temper-

ature in the pressure canner may cause the sugar in the corn to caramelize. This happens more often with super sweet varieties and when kernels are immature. Processing at higher pressure than necessary increases browning. Browning does not affect the safety of the product.

Blanched whole kernel and cream-style corn can be frozen. Another way to prepare cream-style corn is to cut and scrape the corn from the cob without blanching. Then heat the cut corn in a double boiler, stirring constantly for about 10 minutes or until it thickens. Allow it to cool by placing the pan in ice water before packing and freezing.

Blanching time is increased for freezing corn on the cob: 7 minutes for small ears, 9 minutes for medium ears, and 11 minutes for large ears. Chill immediately in ice water making sure that cobs are completely cold. If cobs are not cooled completely, they

develop a "cobby" taste. Freeze in moisture-vapor-resistant bags or containers. Ears of corn should be partially thawed before cooking.

Do you have to blanch corn to freeze it? Blanching stops the enzyme action so that the corn does not continue the ripening process. If you have one of the super sweet varieties and use the unblanched corn within a month after freezing, you may not notice a difference. The longer the corn is in the freezer, the greater the difference in quality. For long-term storage, it is still best to blanch corn.

*If you have food preservation questions, a home economist is available to answer questions on Wednesdays from 10 a.m.-2 p.m. Call 717-394-6851 or write Penn State Cooperative Extension, Lancaster County, 1383 Arcadia Rd., Rm. 140, Lancaster, PA 17601.*