

HARVEST OF THE MONTH

SEPTEMBER: CORN

Corn

SELECT

Sweet corn is available fresh, canned and frozen. When selecting fresh corn choose ears with bright green husks, fresh silks, and rows of tight, plump kernels.

STORE

Refrigerate corn with husks for 1-2 days.

SEASONALITY

Fresh sweet corn is available in Wisconsin from July through September.

Uses

Boiled corn on the cob: Remove husk and rinse corn. Put water in a large pot and bring to a boil. When the water is boiling, drop in the corn. Boil for 5-6 minutes.

Watch a video here:

<https://youtu.be/79pD5YwBrss>

Add corn to chili or soups

Make a salad with corn, beans, tomatoes, peppers, onions, lime juice, olive oil and seasonings.

Experiment with different toppings: lime juice, fresh herbs (parsley, basil), and other spices (paprika, garlic)



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SCAN ME



Recipe: Confetti Rice and Bean Salad

Ingredients

- 1 cup instant brown rice, uncooked
- 1 cup tomatoes, chopped (about 1 medium)
- 2 medium carrots (finely chopped or grated)
- 2 tablespoons onion (finely chopped)
- 1 cup frozen corn
- 1 can (15 ounces) black beans
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1/2 teaspoon salt and 1/2 teaspoon ground black pepper



Instructions

1. Cook rice according to package directions and let cool.
2. Wash and cut up the tomato, carrots, and onion while rice is cooling. Put the vegetables into a large bowl.
3. Add frozen corn to the bowl.
4. Drain and rinse black beans and add to the bowl.
5. Add cooled rice to the bowl.
6. Whisk together the lime juice, oil, salt, and pepper in a small bowl. Pour this over rice and veggie mixture and stir gently to combine.
7. Refrigerate at least 30 minutes before serving to let flavors mingle.

<https://spendsmart.extension.iastate.edu/recipe/confetti-rice-bean-salad/>



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