



CORN

AVAILABILITY		RECOMMENDED VARIETIES
August and September		N. K. 199, Merit, Bi-Queen, Sweet Sue, Jubilee, Seneca Chief, Silver Queen and Golden Cross are excellent varieties for freezing and canning.
TRIM LOSS		
Approximately 29 percent from husks and cob.		
YIELD		
2 to 2½ pounds (in husks)	1 pint frozen	
31½ pounds (in husks)	canner load of 7 quarts	
20 pounds (in husks)	canner load of 9 pints	
1 bushel (in husks) (35 pounds)	14 to 17 pints frozen 6 to 11 quarts canned whole-kernel (4½ pounds per quart) 12 to 20 pints canned cream-style or whole-kernel (2¼ pounds per pint)	

FREEZING	On the cob: Select as for whole-kernel sweet corn. Husk, remove silk, wash and sort ears according to size.
Freezing corn is recommended because it will result in a higher quality product than canning.	
Whole-kernel and cream-style: Select ears with plump, tender kernels and thin, sweet milk. If the milk is thick and starchy, it is better to freeze corn as cream-style. Husk ears, remove silk and wash the corn. Water-blanch ears for 4 minutes. Cool promptly in several changes of cold water and drain.	<i>Water blanch:</i> Small ears 7 minutes Medium ears 9 minutes (1¼ to 1½ inches in diameter) Large ears 11 minutes (over 1½ inches in diameter)
<i>Whole-kernel corn:</i> Cut kernels from the cob at about two-thirds the depth of the kernels. Pack corn into containers, leaving ½ inch headspace. Seal, label and freeze.	Cool thoroughly in several changes of cold water (cool for approximately the same length of time the corn was blanched) and drain well. Tightly wrap ears individually in moisture vapor-proof film and pack in plastic freezer bags. Seal, label and freeze.
<i>Cream-style corn:</i> Cut corn from the cob at about the center of the kernels. Scrape the cobs with the back of the knife to remove the juice and the hearts of the kernels. Pack corn into containers, leaving ½ inch headspace. Seal, label and freeze.	Do not freeze more than 2 pounds of food per cubic foot of freezer capacity per day. One cubic foot will hold 7.4 gallons.

(Major Revision) August 1989
 Cooperative Extension Service
 Michigan State University

CANNING

Pressure canning: Pressure canning is the ONLY safe method for canning corn. Place jar rack, 2 inches of water and sealed jars in canner. Fasten lid and heat canner on high heat. After exhausting a steady stream of steam for 10 minutes, add weighted gauge or close petcock to pressurize the canner. Start timing when the desired pressure is reached.

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.

Remove jars from canner with a jar lifter and place them 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, dry place.

If after 12 to 24 hours the lid is unsealed, examine and replace jar if defective, use a new lid and a screw band, and REPROCESS as before. Dump out corn and liquid into a pan, reheat until boiling, and fill hot jars with corn and liquid, leaving 1 inch headspace. Place NEW LIDS and screw bands on jars and process for the time recommended below. When jars have sealed and cooled, remove, wash and store screw bands separately.

Corn is best if consumed within a year and safe as long as lids remain vacuum sealed.

Whole-kernel

Quantity: On average, 31½ pounds of sweet corn (in husks) are needed per canner load of 7 quarts; an average of 20 pounds is needed per canner load of 9 pints.

Prepare corn: Select ears containing slightly immature kernels, or corn of ideal quality for eating fresh. Canning some sweeter varieties or too immature kernels may result in browning. Can a small amount and check color and flavor before canning large quantities.

Husk corn, remove silk and wash ears. Blanch 3 minutes in boiling water. Cut corn from cob at about two-thirds the depth of the kernels. CAUTION: DO NOT SCRAPE COB. Scraping removes the starchy liquid from the kernels and increases the time required to safely process the corn.

Raw pack: Wash jars. Pack hot jars loosely with raw kernels, leaving 1 inch headspace. Do not shake or press down. Add 1 teaspoon of salt per quart to each jar, if desired. Add fresh boiling water, leaving 1 inch headspace. Remove air bubbles. Adjust lids and process.

Hot pack: Wash jars. To each clean quart of kernels in a saucepan, add 1 cup of hot water, heat to boiling and simmer 5 minutes. Add 1 teaspoon of salt per

quart to each jar, if desired. Pack hot jars with corn and cooking liquid, leaving 1 inch headspace. Remove air bubbles. Adjust lids and process.

Whole-Kernel Corn, in a Dial-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of			
			0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Raw	Pints	55 min.	11 lb.	12 lb.	13 lb.	14 lb.
Raw	Quarts	85	11	12	13	14
Hot	Pints	55	11	12	13	14
Hot	Quarts	85	11	12	13	14

Whole-Kernel Corn, in a Weighted-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of	
			0-1,000 ft.	Above 1,000 ft.
Raw	Pints	55 min.	10 lb.	15 lb.
Raw	Quarts	85	10	15
Hot	Pints	55	10	15
Hot	Quarts	85	10	15

Cream-style

Quantity: On average, 20 pounds of sweet corn (in husks) are needed per canner load of 9 pints.

Prepare corn: Select ears containing slightly immature kernels, or corn of ideal quality for eating fresh. Husk corn, remove silk and wash ears. Cut corn from cobs at about the center of the kernels. Scrape the remaining corn from cobs with a table knife.

Raw pack: Wash jars. Pack hot pint jars with raw corn, leaving 1 inch headspace. DO NOT SHAKE OR PRESS DOWN. Add ½ teaspoon of salt to each jar, if desired. Add fresh boiling water, leaving 1 inch headspace. Remove air bubbles. Adjust lids and process.

Hot pack: To each quart of corn and scrapings in a saucepan, add 2 cups of boiling water. Heat to boiling. Add ½ teaspoon of salt to each jar, if desired. Pack hot jars with corn and cooking liquid, leaving 1 inch headspace. Remove air bubbles. Adjust lids and process.

Cream-Style Corn, in a Dial-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of			
			0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Raw	Pints	95 min.	11 lb.	12 lb.	13 lb.	14 lb.
Hot	Pints	85	11	12	13	14

Cream-Style Corn, in a Weighted-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of	
			0-1,000 ft.	Above 1,000 ft.
Raw	Pints	95 min.	10 lb.	15 lb.
Hot	Pints	85	10	15

Pickled Corn Relish (9 pints)

- 10 cups fresh whole-kernel corn (16 to 20 medium-size ears),
OR
- 6 10-ounce packages of frozen whole-kernel corn
- 2½ cups diced sweet red peppers 5 cups vinegar (5% acidity)
- 2½ cups diced sweet green peppers 2½ tablespoons canning or pickling salt
- 2½ cups chopped celery 2½ teaspoons celery seed
- 1¼ cups diced onions 2½ tablespoons dry mustard
- 1¼ cups sugar 1¼ teaspoons turmeric

Fresh corn: Remove husks and silks. Boil ears 5 minutes. Dip in cold water and drain thoroughly. Cut whole kernels from cobs. Do not scrape.

Frozen corn: Defrost frozen corn overnight in refrigerator.

Combine peppers, celery, onions, sugar, vinegar, salt and celery seed in a saucepan. Bring to boiling and simmer 5 minutes, stirring occasionally. Mix mustard and turmeric in ½ cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer another 5 minutes. If desired, thicken mixture with flour paste (¼ cup flour blended in ¼ cup water) and stir frequently. Fill clean, hot jars with hot mixture, leaving ½ inch headspace. Adjust lids and process.

Pickled Corn Relish

Recommended Process Times in a Boiling-Water Canner

Style of pack	Jar size	Process times (in minutes) at altitudes of		
		0-1,000 ft.	1,001-6,000 ft.	6,001-8,000 ft.
Hot	Half-pints	15 min.	20 min.	25 min.
Hot	Pints	15	20	25

Scalloped Corn (6-8 servings)

- 1 17-ounce can cream-style corn
- 1 cup lowfat milk
- 1 egg, beaten
- 1 cup cracker crumbs, divided
- 2 tablespoons chopped pimento
- ¼ cup chopped onion
- ½ teaspoon salt
- 1 teaspoon margarine
- dash of pepper
- vegetable pan spray

Preheat oven to 350 degrees F. Combine corn and milk. Stir in egg. Add ¾ cup of crumbs, pimento, onion, salt and pepper. Mix well. Pour into 1-quart baking dish sprayed with vegetable pan spray. Melt margarine in small skillet. Add remaining ¼ cup cracker crumbs; stir until lightly browned. Spread over corn mixture. Bake for 45 minutes.

Succotash (7 quarts)

- 15 pounds unhusked sweet corn or 3 quarts cut whole kernels
- 14 pounds mature green-podded lima beans or 4 quarts shelled limas
- 2 quarts crushed or whole tomatoes (optional)

Corn: Husk corn, remove silk and wash ears. Cut corn from cobs at two-thirds the depth of kernels. Do not scrape corn from cobs.

Lima beans: Shell beans and wash thoroughly. Add 3 cups of water for each cup of dried beans. Boil 2 minutes, remove from heat and soak 1 hour. Drain. Heat to boiling in fresh water, and save cooking liquid for hot pack succotash.

Crushed tomatoes: Wash tomatoes and dip in boiling water for 30 to 60 seconds or until skins split. Dip in cold water, slip off skins and remove cores. Trim away any bruised or discolored portions and quarter. Heat one-sixth of the quarters quickly in a large kettle, crushing them with a wooden mallet or spoon as they are added to the kettle. Once the crushed tomatoes are boiling, gradually add remaining quartered tomatoes, stirring constantly. These tomatoes do not need to be crushed—they will soften as the mixture is stirred. After adding all tomatoes to the kettle, boil gently for 5 minutes.

Raw pack: Fill hot jars with equal parts of all prepared vegetables, leaving 1 inch headspace. Do not shake or press down pieces. Add 1 teaspoon of salt to each hot quart jar, if desired. Add fresh boiling water, leaving 1 inch headspace. Adjust lids and process.

Hot pack: Combine all prepared vegetables in a large kettle with enough water to cover the pieces. Add 1 teaspoon of salt to each hot quart jar, if desired. Boil gently 5 minutes, then fill hot jars with vegetables and cooking liquid, leaving 1 inch headspace.

Succotash, in a Dial-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of			
			0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Raw	Pints	60 min.	11 lb.	12 lb.	13 lb.	14 lb.
Raw	Quarts	85	11	12	13	14
Hot	Pints	60	11	12	13	14
Hot	Quarts	85	11	12	13	14

Succotash, in a Weighted-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (PSI) at altitudes of	
			0-1,000 ft.	Above 1,000 ft.
Raw	Pints	60 min.	10 lb.	15 lb.
Raw	Quarts	85	10	15
Hot	Pints	60	10	15
Hot	Quarts	85	10	15

Double Corn Muffins (12 muffins)

1 cup cornmeal	¼ cup vegetable oil
1 cup flour	1 cup lowfat milk
4 teaspoons baking powder	1 egg, beaten
1 tablespoon sugar	1 cup whole-kernel corn, drained
1 teaspoon salt	vegetable pan spray

Preheat oven to 425 degrees F. Combine dry ingredients. Combine oil, milk and egg. Add liquid to dry ingredients, mixing only enough to dampen flour. Fold in corn. Spray muffin pan with vegetable spray or use muffin cup papers. Fill muffin wells two-thirds full with batter. Bake 20 to 25 minutes.

Mexican Corn and Zucchini (6 servings)

3 ears corn or 1 16-ounce can whole-kernel corn, drained	1 teaspoon salt
1 medium onion, chopped	1 teaspoon sugar
1 clove garlic, chopped	¼ teaspoon ground cumin
2 tablespoons margarine	¼ teaspoon pepper
3 medium tomatoes, chopped	
3 medium zucchini, cut into ¼-inch slices	

Cut corn from cobs (about 1½ cups). Cook and stir onion and garlic in margarine in 10-inch skillet until onion is tender. Stir in corn and remaining ingredients. Heat to boiling; reduce heat. Cover and simmer until vegetables are tender, 10 to 15 minutes.

Fresh Microwave Corn (6 servings)

6 ears of corn in husks
melted margarine (optional)

Carefully pull husks down ears far enough to remove silks while keeping husks intact. Brush corn with melted margarine, if desired. Pull husks back over corn. Run husks under cold water to add moisture for cooking. Place spoke-fashion in the microwave oven. Microwave on HIGH (600-650 watt oven) for 12 to 13 minutes or until kernels are tender; rotate the ears once during this time interval for even cooking.

Prepared by Sandra L. Andrews, Ph.D., R.D., Extension Specialist, Department of Food Science and Human Nutrition, Michigan State University.

E MSU is an Affirmative Action/Equal Opportunity Institution. Cooperative Extension Service Programs are open to all without regard to race, color, national origin, sex or handicap. ■ Issued in furtherance of Cooperative Extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Ray Gillespie, interim director, Cooperative Extension Service, Michigan State University, East Lansing, MI 48824. ■ This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by the Cooperative Extension Service or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim as a separate or within another publication with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.

This bulletin was originally prepared by Shirley Hamman, Allegan County Extension home economist, Kathleen Staskiewicz, Ottawa County Extension home economist, and Penny Ross, Extension Food and Nutrition Specialist, MSU.