



# LET'S PRESERVE

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## SWEET CORN

WP 392-99

These processing recommendations are for West Virginia conditions (maximum altitude, 4,000 feet). For canning directions in other locations, consult your county Extension office.

### Recommended varieties

Jubilee, Kandy Korn, and Merit are good yellow varieties. Bodacious and Seneca Horizon are good extra-sweet yellow varieties. Butter and Sugar and Twice-As-Nice are good bicolor varieties. Alpe and Silver Queen are good white 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) is 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 2½ 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 or cream style corn, fill pint- or quart-size

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## Canning procedure

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 and freezer burn. To package corn on the cob, fill into quart or half-gallon freezer bags. Squeeze out air, seal, label, and freeze.

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,  $\frac{1}{2}$  teaspoon per pint, or  $\frac{1}{4}$  teaspoon per half-pint jar. For raw-packed whole kernel style corn, fill jars with cut products, 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 for each quart of whole kernel or cream style corn, 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. To process in a pressure canner, place jar rack, 2 inches of water, and sealed jars in canner. Fasten lids and heat canner on high setting. After exhausting steam 10 minutes, add weighted gauge or close petcock to pressurize the canner. Start timing the recommended process when the desired pressure is reached.

## Process times

### Whole Kernel Corn

*Recommended process times in a dial gauge pressure canner:*

Raw or hot pack pint jars; process 55 minutes at 12 pounds of pressure

Raw or hot pack quart jars; process 85 minutes at 12 pounds of pressure

*Recommended process times in a weighted gauge pressure canner:*

Raw or hot pack pint jars; process 55 minutes at 15 pounds of pressure

Raw or hot pack quart jars; process 85 minutes at 15 pounds of pressure

### Cream Style Corn

*Recommended process times in a dial gauge pressure canner:*

Hot pack only and use pint or half-pint jars; process 85 minutes at 12 pounds of pressure

*Recommended process times in a weighted gauge pressure canner:*

Hot pack only and use pint or half-pint jars; process 85 minutes at 15 pounds of pressure

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.

## Nutrition information

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.

### Average content of a 1/2 cup serving (4 to 4.4 ounces) of corn

	Raw Sweet	Frozen kernels Cooked, drained	Cooked Boiled, drained	Canned Solids & liquids
Calories	66	67	89	79
Carbohydrates, g	14	16	20	18
Fats, g	0.9	0.06	1.0	0.5
Protein, g	2.4	2.4	2.7	2.4
Sodium, mg	11.7	4.0	11.7	11.7
Vitamin A*	4	4	2	2
Vitamin C*	8	2	8	10
Thiamine*	10	2	10	2

\*Expressed as percentage of the U.S. Recommended Daily Allowances (US RDA). Corn is an insignificant source of other vitamins.

Adapted from *Let's Preserve Sweet Corn*, Pennsylvania State College of Agriculture Sciences, Cooperative Extension, and reviewed by Amy O'Dell, Graduate Assistant, and Guendoline Brown, Ph.D., Nutrition and Health Specialist, 1999.

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