



## Have You Heard?

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Home Economist

### Buy Cool Corn

For best tasting sweet corn, there is a lot of truth in the old saying . . . "Fifteen minutes from the field to the kettle." But there are not many of us who can follow that adage.

Sweet corn, like so many other vegetables, must be fresh to have the best flavor. Flavor is best if the corn is used as soon as it is picked.

Sugar in the kernels gives corn its sweet flavor. After the ears are picked, the sugar begins to turn to starch. The higher the temperature, the faster this process occurs.

For best tasting sweet corn, buy from an iced or refrigerated display or from a source that sells lots of corn.

In selecting individual ears, look for bright green, snug husks.

Dry yellow or straw colored husks are an indication of age or damage. Mature corn has dried silk; immature corn has damp silk.

### Background Color Key To Peach Ripeness

Blush on a peach is a poor guide to ripeness. The background color is the best key to ripeness. Learn to tell ripeness by the background color characteristic of the variety you plan to buy.

Some peach varieties never have a blush; others develop a deep red color long before they are ripe enough to pick and eat. That's why a pale peach can be riper and sweeter than one with a deep red color.

An overall cream to gold color under the blush indicates peaches will continue to ripen. But fruit with a green background color are immature, will not ripen satisfactorily, lack flavor, and often shrivel. Most peaches today are

mechanically defuzzed soon after picking and this helps to identify color quickly.

Besides background color, look for peaches that are plump, well-shaped, and free of bruises. Bruises may come from customers pinching the fruit to see if it is ripe, thereby damaging the fruit.

If you buy peaches that are not ripe, do not refrigerate them. Instead place them in a brown paper bag and allow them to ripen at room temperature. When they ripen, use them immediately or refrigerate them until you are ready to use them.

### Handle New Potatoes Gently

Researchers report that potatoes can withstand up to 80 percent more jostling one month after storage than they can at harvest time.

Since most of the potatoes now on the market are freshly dug and have spent no time in storage building up a resistance to rough handling, treat potatoes as gently as apples or eggs. Buy only what you can use in a week or two.

The new potatoes on the market are Eastern round white types from Pennsylvania and New York farms and those on Long Island, and long white potatoes from California.

One difference between new and old crop potatoes is their appearance. The skins of new potatoes are often ragged and feathery and easily marked. This does not affect quality unless they are bruised and decayed.

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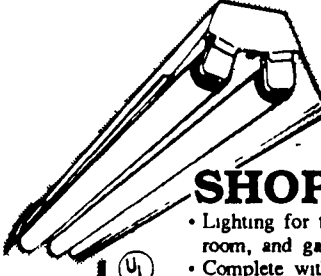
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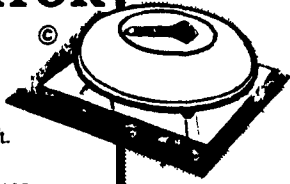
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