



"Way high by the 4th of July," said Jeannette Mikos of the 10-foot corn she and her husband Daniel grew on their 120-acre Dillsburg (York County) farm. The Mikos farm and many others are experiencing record crop growth, contrary to the old adage "knee high by the 4th of July." With Jeannette are daughters Angela and Katie with dog Lassie.

# Sweet Corn Kernels Of Truth

The key to good sweet corn is freshness. The sugar in sweet corn rapidly begins turning to starch within hours after being harvested. About 40 percent of the sugar can be lost in six hours at room temperature. Refrigeration slows this process, but the sooner corn is eaten after harvesting, the better.

Many growers are growing sugar-enhanced or super-sweet varieties that genetically have more sugar in the kernels. Some of these early sugar-enhanced varieties were developed at Penn State University. Because they have more sugar to begin with, they can be stored for longer periods and still have acceptable sweetness. However, standard sweet corn varieties, when purchased freshly harvested, will still have a delicious, traditional corn flavor and sweetness.

According to growers across the state, most Pennsylvanians prefer bi-color corn, traditionally known as Butter and Sugar. However, in south central and southeastern Pennsylvania, white is the preferred corn. Certain localities and clientele still like

their corn to be yellow so many growers also grow some yellow varieties.

Regardless of the color, Pennsylvanians can expect to enjoy an abundant supply of sweet corn each year. It is the leading vegetable crop in the Commonwealth with about 18,000 acres grown annually. Most of this sweet corn acreage is grown for fresh market sales. As a result, Pennsylvania ranks as the eighth largest sweet corn producing state in the nation. Fresh corn will be available from July into October. About 3,000 acres of the sweet corn acreage are grown to be processed into frozen, dried or canned corn products available year around.

While fresh sweet corn is a delicious ingredient in many recipes, it is most popular served right on the cob, and is so simple to prepare. Simply boil husked ears for about five minutes, or grill the ears in the husk for 15-20 minutes after soaking them in water for about 10 minutes. Fresh corn on the cob is also easily prepared in the microwave by wrapping two husked ears in a damp paper towel and cooking them for seven minutes on high power, turning the ears once.

No matter how it's prepared, fresh sweet corn is a good source of vitamins A and C, and a single ear contains only 90 calories. The following corn recipes from the Pennsylvania State Grange Cookbooks are two additional ways to include corn in your meal:

**¼ teaspoon cream of tartar**  
Melt butter in saucepan over medium heat. Stir in flour, salt and pepper. Add milk gradually, stirring constantly. Cook until thickened, stirring constantly. Stir in corn, lemon juice, onion and beaten egg yolks. Let stand until cool. Beat egg whites until frothy. Add cream of tartar. Beat until soft peaks form. Fold gently into corn mixture. Spoon into greased 1½ quart baking dish. Bake at 325 degrees for one hour. Serves six.

Ruth W. Warmkessel.  
Macungie Grange #1569

### CORN FRITTERS

3 egg yolks  
2¾ cups cooked corn  
½ teaspoon salt  
¼ teaspoon pepper  
¼ cup flour  
3 egg whites, stiffly beaten  
Oil for frying  
Beat egg yolks in bowl until light and lemon colored. Stir in corn, salt, pepper, and flour. Fold in egg whites gently. Drop by spoonfuls into hot oil in skillet. Cook until golden brown turning once. Serves six.

Hazel L. Anspack,  
North Woodbury  
Grange #1923

Recipes from The Pennsylvania State Grange Cookbook, copyright 1992 Pennsylvania State Grange, used by permission, respectively. Cookbooks can be obtained from the State Grange by calling 800-552-3865.

### Quick Buying Tips For Pennsylvania Sweet Corn

The Pennsylvania Vegetable Marketing and Research Program offers these tips when buying sweet corn:

- Look for fresh green husks and ears that are filled all the way to the tip.
- Kernels should be tender, full and firm enough to puncture easily under the slightest pressure.
- To preserve the corn's sugar content and flavor, refrigerate immediately after purchase.

### CORN SOUFFLE

3 tablespoons butter  
¼ cup flour  
½ teaspoon salt  
¼ teaspoon pepper  
1 cup milk  
1 cup home-cooked or canned corn  
1 tablespoon lemon juice  
2 teaspoons grated onion  
4 egg yolks, beaten  
4 egg whites

Give 'em what they want: BEEF!

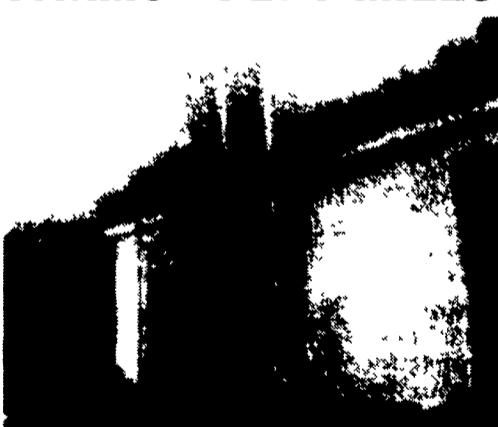
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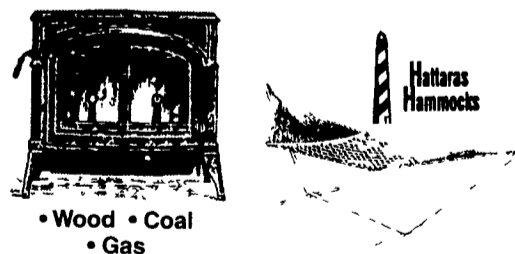
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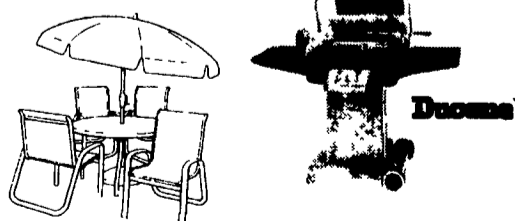
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