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CORN

It is easy to find fresh corn in the grocery store or at farmers markets from May through September. Canned and frozen corn are readily available any time of year.



Corn is a good source of fiber and B vitamins. Besides being tasty eaten by itself on the cob, it's a great addition to dips, soups, and salads.

SELECT

- ▶ Choose medium-sized ears that have soft, green husks and dried silks.
- ▶ Fresh corn in season in Mississippi can be purchased May to September. During these months, fresh corn will be more flavorful, readily available, and less expensive.
- ▶ Choose canned or frozen corn any time of the year.

FREEZE

- ▶ Discard the husk and silk. Carefully remove the ends of the cob.
- ▶ Blanch the corn by putting the cleaned ears into boiling water for 7–11 minutes, depending on size. Take the corn out of the boiling water and place it into ice water immediately for about 30 seconds.
- ▶ Place the corn in resealable freezer bags or airtight containers and store it in the freezer. Get as much air out of the bags as possible.



GROW

- ▶ Plant corn when outside temperatures are warm and the threat of frost has passed.
- ▶ Plant corn in a sunny area that is protected from the wind.
- ▶ Corn plants need up to 1 inch of water per week.
- ▶ Harvest corn 3 weeks after corn silks appear.

FUN WITH FOOD

CHILDREN CAN HELP:

- ▶ Select fresh corn at the grocery store or farmers market.
- ▶ Husk and wash the corn, remove silks from the cob, and wash and lay the ears out to dry.
- ▶ Measure water and add to a pot to cook, or place corn in a container to microwave.

- ▶ Visit HappyHealthy.MS and click on Tips and Videos
 - How to Freeze Fresh Fruits and Vegetables
 - How to Add More Fruits and Vegetables to Your Day



ENJOY



CHICKEN TACO SOUP

- 1 (15-ounce) can black beans, no salt added
- 1 (15-ounce) can pinto beans, no salt added
- 1 ear fresh corn, removed from the cob OR 1½ cups frozen corn OR 1 can (15-ounce) sweet corn, no salt added
- 1 (14.5-ounce) can petite diced tomatoes
- 1 (12.5-ounce) can chicken breast in water
- 1 (10-ounce) can green enchilada sauce
- 1 (14-ounce) can low-sodium chicken broth
- 1 packet low-sodium taco seasoning
- 1 teaspoon black pepper, or to taste
- 4 corn tortillas, optional
- Oil

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Drain and rinse the black beans, pinto beans, and sweet corn and add to a large pot.
3. Add the diced tomatoes, canned chicken, enchilada sauce, chicken broth, and seasonings.
4. Bring to a boil and then turn down to simmer on low for 20–30 minutes.
5. Preheat the oven to 350°F. Lightly coat both sides of each tortilla with oil and bake 8–11 minutes or until crisp. Stack tortillas and cut them into strips. Top each soup serving with baked tortilla strips.
6. Refrigerate any leftovers within 2 hours.

NOTES: Can also prepare in a slow cooker on low heat for 2–3 hours.

Use rotisserie chicken instead of canned if you prefer.



BLACK BEAN AND CORN SALSA

- 1 (15-ounce) can black beans
- 1 (15-ounce) can corn
- 2 (14.5-ounce) cans diced tomatoes
- 1 (4-ounce) can diced green chili peppers
- 2 teaspoons ground cumin
- ½ teaspoon salt
- 3 tablespoons apple cider vinegar

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Drain and rinse the black beans.
3. Drain the corn and diced tomatoes.
4. Add the corn, tomatoes, and beans to a medium mixing bowl.
5. Add the diced green chili peppers to the mixing bowl with the other ingredients.
6. Season with cumin and salt.
7. Add vinegar and stir well.
8. Refrigerate leftovers within 2 hours.



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EXTENSION

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