



# SWEET CORN

**SUMMER**

**FALL**



**ARKANSAS**  
**Farm to School**

**UofA**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Sow seeds directly into cool, moist soil 1/2 inch (in.) deep, or 1 to 1 1/2 in. deep in warm, dry soil. Space the seeds 9 to 12 in. apart, in rows 30 to 36 in. apart. It is important to plant 2 to 3 rows to ensure proper pollination, as corn is pollinated through the wind. Harvest sweet corn during its "milk-kernel" stage, or about 20 days after the first silk strands form.



# PREP

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Remove the husks and silks from the sweet corn and rinse well with cool water. Prepare sweet corn whole or by cutting it into desired sized pieces. Sweet corn can be grilled, microwaved, steamed, boiled, or stir-fried. You may remove the kernels from the cob before cooking depending on your preference and use it as an added ingredient to an entrée.



# EAT

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Enjoy buttered and salted sweet corn on or off the cob as a delicious side dish! Savor a bowl of warm, corn chowder sprinkled with cheese and bacon bits. Enjoy elote, a delicious form of corn on the cob lathered with mayonnaise, cotija cheese, chili powder, and lime juice! Serve crispy corn fritters with your favorite dipping sauce.



# LEARN

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The earliest record of sweet corn was found in writings belonging to the indigenous people, K'iche', of western Guatemala. Sweet corn is a **vegetable** that is rich in vitamin C. Researchers from the University of Arkansas have discovered prehistoric corn cobs in many bluff shelters in the Ozarks!

