

## Sweet Corn

This quintessential summer vegetable is not the easiest crop to grow for the space it occupies — there is generally only one or two harvestable ears per stalk.

To grow your own sweet corn, plant seeds when the soil temperature reaches 65°F in blocks rather than long rows to aid in pollination.

The “supersweet” varieties available today convert their sugar to starch more slowly than the older supersweet varieties and the “sugary enhancer” varieties.



Supersweet corn can be yellow, white, or bicolored.

When purchasing sweet corn locally, shop early in the day to get the freshest ears available. Look for corn with husks that are bright green and have well-filled ears with plump kernels. Eat within a couple days for best flavor. Sweet corn is a good source of carbohydrates, B vitamins and fiber.

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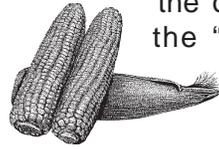


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## Additional Resources

### Sweet Corn

- UW-Extension Pub. A1989, *The Vegetable Garden*, at <http://learningstore.uwex.edu/Vegetable-Garden-The-P518.aspx>
- UW-Extension Publication A3655, *The Corn Earworm*, at <http://learningstore.uwex.edu/Corn-Earworm-P154.aspx>
- Article on corn earworm on MG website at <http://wimastergardener.org/article/corn-earworm-helicoverpa-zea/>

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