

## Farmers Market: Sweet corn

# Cool factor gives corn flavor boost

## ■ Corn

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"Sweet corn converts sugar to starch in a matter of hours," he said. "When it's cooled, its life expectancy has increased from six to eight hours to quite a few days."

Andy Daniels said he does his part to preserve flavor, but customers must do their part as well.

"You can take my corn and turn it into trash within hours if you let it sit in the car," he said. "For some reason people think they can do that with corn, but corn is the worst of all. The sugar converts and it tastes like junk."

Customers should refrigerate their sweet corn as soon as possible after buying it, he said.

In addition, Tannie Daniels of-

fered a few more tips to buying sweet corn.

"Look to make sure the husks are not brown and dried up," she said. "They should be dark green, and it should look like it's been picked recently."

"And watch out for worms. If you peel down the silk, that's where the worms will be."

But most importantly, people should forget everything they learned from roadside stands that let their ears bake in summer heat. Always keep that sweet corn cold until it's ready to be cooked, the couple said.

"Corn is like fresh strawberries," Andy Daniels said. "You wouldn't leave those in a hot car, would you?"

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## HERBED GRILLED CORN

$\frac{1}{2}$  cup butter, softened  
2 tablespoons chopped parsley  
2 tablespoons chopped chives  
 $\frac{1}{2}$  teaspoon salt  
Dash of pepper  
8 cleaned ears of corn

Blend butter with parsley, chives, salt and pepper. Spread one heaping tablespoon on each ear; wrap individually in heavy-duty foil. Grill over glowing coals 15-20 minutes or until tender, turning occasionally.

— Cooks.com

## GRILLED CORN WITH DILL BUTTER

8 ears fresh corn in husks  
 $\frac{1}{2}$  cup butter, room temperature  
1 roasted red pepper, chopped  
2 tablespoons snipped fresh dill

Peel husks from corn, do not break off the ears, to within two inches of the stem. Remove silk, pull husks back over ears. Soak in cold water 20 minutes.

In food processor, process butter until smooth. Add red pepper; process until smooth. Add dill,  $\frac{1}{2}$  teaspoon

salt and  $\frac{1}{2}$  teaspoon pepper; process until blended. Place butter mixture in serving dish.

Remove corn from water. Shake off excess water. Pull husks up over corn, secure with long strip of husk tied at the top of each ear.

Grill corn over hot coals about 20 minutes, turning every five minutes until a kernel pulls away cleanly and easily. Serve with prepared butter. Makes 8 servings.

— Cooks.com

