FREEZING OR CANNING CORN

Summertime means corn in Indiana. But what do you do when your garden is running over with corn? Here are two way to preserve corn so you can enjoy the flavor next winter.

INGREDIENTS AND EQUIPMENT

- *12 ears of corn*
- *2 tsp salt or sugar (optional)*
- *6 qt pot or Dutch oven*
- *Knife or cutting board*
- *Tongs*
- *Colander*
- *Sink or tub for ice bath*
- *Sheet Pans*
- *Parchment paper*
- *Quart Containers or bags for freezing*



1. Bring a large 6-quart stockpot of water to a boil over high heat. Add salt or sugar.

2. While water comes to a boil, prepare ice bath in tub or sink.

3. Prepare corn for blanching, husk, and de-silk the ears of corn.

4. Place ears into boiling water, once pot has reached a rolling boil, set timer for 4 minutes.

5. Using tongs, remove corn from the boiling water and place in ice bath to stop cooking process Set timer for 4 minutes

6. Once corn is removed from ice bath, cut corn kernels off the cob into large colander placed over bowl. Drain excess water off of corn kernels. Proceed to either freezing or canning direction

FREEZING

7. Line sheet pans with parchment paper. Spread cut corn in single layer on the parchment paper and freeze for 1-2 hours, or until mostly frozen

8. Prepare bags by labeling product and date, turn top edge of bag to outside while filling to keep edges clean

9. Fill bags about ¾ of the way full. Seal bags pressing out as much air as possible. Store bags flat in freezer

10. Frozen corn will last 3-6 months in refrigerator freezer and 6-12 months in chest or upright freezer.



Marion County Public Health Department
NUTRITION SERVICES

CANNING STEP-BY-STEP

CANNING SUPPLIES (THESE ITEMS CAN BE PURCHASED SEPARATELY OR IN A KIT)

- *A pressure canner: basically, a large pot that will be filled with boiling water-that jars will be placed in*
- *Jar rack: holds the cans in place in the water bath canner*
- *Jar Lifter: used to place the jars into the boiling water or lift the jars out safely*
- *Funnel: keeps the jar rim clean when you pour product into the jar*
- *Tool for measuring headspace and removing bubbles. One end of this tool helps release bubbles in the jars and the other end measures the headspace between the rim and jar contents*
- *Magnetic lid lifter often comes with canning kits; however, it isn't an essential tool*
- *Canning jars with clean, rust-free lids and rims. Rims can be washed and re-used, but lids cannot.*
- *Large bowls*
- *Kitchen towels*

Step 1: Corn is a low-acid vegetable and can only be canned safely in a pressure canner

Step 2: Choose firm fresh corn. You will need 20 lb of corn (still in the husk) to equal 9 pints of canned corn or 32lb for 7 quarts.

Step 3: Follow steps 1-6 (under the freezing guide) to prepare corn for canning

Step 4: Wash your jars, lids and bands and canning tools in hot soapy water, rinse and drain on clean towels

Step 5: Place the pressure canner on the stove, add rack and add water per manufacturer's instructions.

Step 6: Place jars on the rack and fill halfway with water. Bring pan to a simmer 180 degrees for 10 minutes. Keep hot until you are ready to fill them. Bring separate pot of water to a boil. This water will be used to fill your jars after packing with corn.

Step 7: Using a canning funnel, pack the corn into the jars leaving about ½ inch of head room. Fill with water to ¼ inch from the top

Step 8: Remove air bubbles Insert the flat end of the measuring tool down the side of each jar. Move it in towards the center of the jar. This will remove any air bubbles that might have formed.

Step 9: Clean the jar rims with a damp paper towel or cloth. Place a lid on top of the jars. Place and tighten the rim just until you feel resistance

Step 10: Place jars in canner rack, close and lock lid

Step 11: Process according to canner instructions.





