



Seasonal Eating Corn

TIPS, BENEFITS AND RECIPES FOR
LATE-JULY FARMERS MARKET FINDS

Butter Recipes for Corn on the Cob

Lime Butter

*1/2 cup room-temperature, unsalted
butter*

Zest of one lime

Kosher salt

Freshly ground pepper

*Combine butter and lime zest in a bowl,
mix well. Season with salt and pepper to
taste. Let mixture stand at room
temperature for 30 minutes before
serving to allow flavors to blend.*

Old Bay Butter

*1/2 cup room-temperature, unsalted
butter*

2 teaspoons Old Bay Seasoning

*Combine butter and Old Bay in a bowl,
mix well. Let mixture stand at room
temperature for 30 minutes before
serving to allow flavors to blend.*

Benefits of eating corn:
Corn contains vitamins A and C,
iron and is a good source of
dietary fiber.

(www.usda.gov)



Tips for selecting corn:

Look for bright green, tightly wrapped and almost moist husks.

Tassels should be brown and almost sticky to the touch. Feel kernels through husks to make sure there are no missing kernels. Avoid husks with small brown holes.

(www.smithsonianmag.com)