

# HEN HOUSE

## MARKET®

Volume 3, Issue 6  
July 26, 2008



### Andy's Candy Corn® from The Daniels Family Farm in Columbus Nebraska

Andy and Tannie Daniels have farmed for 33 years on their 600 acres that is located between the Loup and Platte Rivers in Columbus NE. They get help from four other family members, their son and daughter and two nephews. The farm has been in the Daniel's family for over 100 years. Daniels Produce have been providing fresh market vegetables for 23 years.

Why does Andy's Candy Corn® taste so great? The farm is irrigated, so drought can not affect the crop. Livestock manure is used for fertilizer the year before the sweet corn harvest. All sweet corn is handpicked and cooled in ice water within 15 minutes after harvest to retain the natural sugars. The corn they grow is bi-colored sweet corn.

The Daniels have implemented some food safety improvements on their farm. They do not allow any livestock on the farm during growing and harvesting of the sweet corn. The Hydro Cooler water is chlorinated for disinfection of the corn.

The Daniels are also concerned about their environment and plant a rye cover crop after the corn crop is harvested to protect against wind and water erosion and to improve soil organic matter.

The Daniels family and their 40 staff members have worked hard to bring you the best tasting sweet corn. They have increased the size of their Hydro Cooler to allow for more cooling time for the corn and have added a full office and year around office staff to their team.

The Daniels love to talk to consumers about their corn and invite you to visit them in Nebraska or online at [www.danielsproduce.com](http://www.danielsproduce.com). We hope you enjoy this great tasting summer favorite!



The Daniel's Family



The "Eight is Great Pack"

#### Sweet Corn Storage Tips:

- Eat corn as soon as possible after harvest for maximum sweetness.
- If sweet corn cannot be eaten right away, leave in husks, remove long shanks and store uncovered in the refrigerator.
- When refrigerating, cool rapidly to below 40°F to retain sweetness and tenderness because the sugar in corn turns to starch quickly at higher temperatures.
- For best eating quality, do not store sweet corn in the refrigerator for more than two days. For longer storage, preserve by freezing, canning or drying.

#### Freezer Facts:

- Sweet corn can be frozen on the cob or cut off the cob. However, preserving will not improve the quality of the corn, so always start with high quality produce.
  - Only tender, freshly gathered corn in the milk stage should be selected for freezing. Husk and trim the ears, remove silks and wash.
  - Before freezing, corn must be blanched to destroy the enzymes that will cause flavor and color changes during storage.
  - Corn should be packaged in moisture/vapor proof wrapping or containers for freezer storage.
  - Corn can be stored in the freezer at 0°F for about 10 months.
  - Frozen sweet corn may be substituted for fresh or canned corn in most recipes.
- (missourifamilies.org)

#### Nutrition Facts

**Sweet Corn**  
1 cup of sweet corn has 132 calories, 2g fat, 29g carb, 5g sugar, 4g of fiber, 5g protein. Corn supplies a good amount of two antioxidants, lutein and zeaxanthin, that have been suggested to be especially helpful in keeping macular degeneration at bay. This chronic eye disease is the leading cause of blindness among the elderly. Corn, as with other fruits and vegetables that contain carotenoid antioxidants, indeed fight off heart disease and cancer.

## Creamy Sweet Corn

- 2 C. fresh corn
- 1/4 C. half and half
- 2 T. butter
- 1 T. sugar
- 1/2 tsp. salt



In a saucepan combine all ingredients. Bring to a boil over medium heat. Simmer, uncovered for 6-8 minutes till heated through. Serves 4

## Fresh Corn & Edamame Succotash

By Chef Mark Alan Mollentine- GNFF Chef

serves 6

- 8 oz. shelled edamame, (soybean) {found in frozen naturals section or sushi}
- 4-5 ears Andy's Candy Corn<sup>®</sup>
- 1 T. fresh Italian parsley - chopped
- 1 green onion - chopped
- 1/2 poblano pepper - deseeded and chopped
- 1 T. fresh cilantro - chopped
- 2 T. olive oil
- Salt and pepper to taste

Boil 2 quarts of water. Add edamame and cook for 5-6 minutes, until tender. Remove edamame and drain. Remove kernels from corn and simmer in water for 1-2 minutes until tender and drain. Combine edamame, corn and remaining ingredient together. Refrigerate for at least 2 hours to allow the flavors to blend.

### Tips for Preparing Corn:

Corn can be cooked either with or without its husk in a variety of different ways. If using the wet heat methods of boiling or steaming, make sure not to add salt or overcook as the corn will tend to become hard and lose its flavor. Or, they can be broiled in the husk. If broiling, first soak the corn in the husk ahead of time.

### A Few Quick Serving Ideas:

- Eat corn on the cob either just as is or seasoned with a little butter, olive oil or flaxseed oil, salt and pepper, nutritional yeast or any other herbs or spices you enjoy.
- Looking for a healthy sauté- cook corn with green chilies and onions.
- Enjoy a cold salad with corn kernels, quinoa, tomatoes, green peppers and red kidney beans.
- Use polenta (a type of cornmeal) as a pizza crust for a healthy pizza.
- Add corn kernels and diced tomatoes to guacamole to give it extra zing.
- Add corn to chili, chowder and other soups (whfoods.com)

### Have a great recipe for corn??

**Looking for recipes from our CSA members-** If you want to share your favorite recipe featuring local products, please email to Jennifer at [jennifer.egeland@ballsfoods.com](mailto:jennifer.egeland@ballsfoods.com) or mail to Balls Foods Stores, 5300 Speaker Rd, KC KS 66106. We will feature it in an upcoming CSA newsletter.