

Sweet Corn

Eating sweet corn is one of the great joys of summer. For many people, corn on the cob is a testament to summer's arrival, to a time of abundance and celebration.

HANDLING

Corn is a low-maintenance vegetable. No handling is necessary if you eat raw corn on the cob—yes, it's delicious—or plan to cook it in the husks. Otherwise, shuck the cob by pulling the husks down the ear and snapping off the stem. Brush off the silks, or note that silks practically fall off on their own if you cook the corn in its husk. Remember that worm damage is not cause to throw away a whole ear; just cut out the damaged section. To cut the kernels off the cob, stand the cob upright on its base and run a sharp knife from the tip of the ear down to the base.

Cajun Corn and Kale Salad

This is simple summer cooking. The bright, clean flavors of this dish will put a smile on anyone's face. If you don't have a Cajun seasoning mix, you can make your own by combining 1/4 teaspoon salt and a big pinch of each of the following: cayenne pepper, freshly ground black pepper, dry mustard, crushed fennel seeds, and dried thyme. You can serve this dish over couscous or with chunks of boiled or steamed potato mixed in. If you use frozen corn, thaw it and use about 1 1/2 cups. *Angelic Organics Kitchen.*

Serves 4 to 6

- 2 quarts water
- 4 ears sweet corn
- 1 large bunch kale, stems removed (about 1 pound)
- 2 teaspoons salt plus more to taste
- 1 large red bell pepper, diced
- 1 green bell pepper, diced
- 1 large tomato, diced
- 1 small sweet onion, minced
- 1 clove garlic, minced (about 1/2 teaspoon)
- 1/4 cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 1/2 teaspoons Cajun Spice Seasoning

1. Bring 2 quarts of water to a boil in a large pot; add the ears of corn. Turn off the heat and let the corn cook in the hot water for 5 minutes. Set the ears aside and reserve the cooking water. When the corn is cool, slice the kernels from the cobs.

2. Return the corn water to a boil and add the kale and 2 teaspoons salt; cook until kale is just tender and still bright green, about 5 minutes. Transfer the kale to a colander to drain and cool. When the kale is cool enough to handle, squeeze out the excess liquid with your hands and then finely chop.

3. Toss the kale with the remaining ingredients in a large bowl until well combined. Season with salt to taste.

STORAGE

Leave the husks on and refrigerate the ears in a plastic bag for as little time as possible. After about four days the corn's sweetness diminishes, making it more suited for use in recipes than for eating right off the cob.

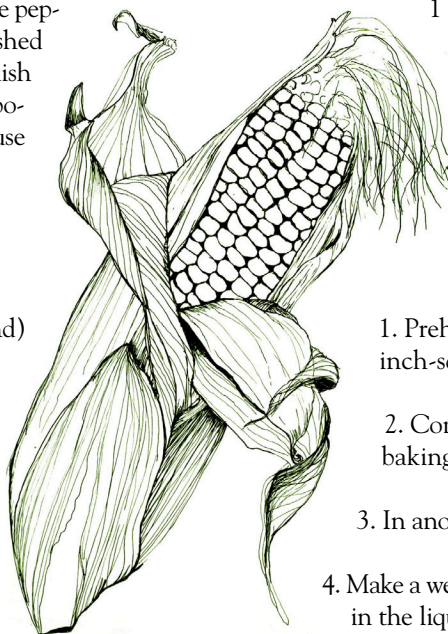
Fresh Sweet Corn Bread

The succulent texture of fresh corn kernels, the smooth richness of cheese, and the aroma of rosemary all conspire to make this corn bread truly irresistible. It is a must with any chili and makes a wonderful next-morning breakfast with some good honey and a cup of tea. You can use this corn bread for a Thanksgiving turkey stuffing base, too. *Friend of the Farm.*

Serves 4 to 6

butter and flour for preparing the baking pan

- 1 cup cornmeal
- 1 cup unbleached all-purpose flour
- 2 tablespoons brown sugar
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 eggs, beaten
- 1 cup buttermilk
- 2/3 cup grated pepperjack cheese
- 1 cup fresh corn kernels
- 1/4 cup unsalted butter, melted
- 1 teaspoon chopped fresh rosemary



1. Preheat the oven to 400° F. Butter and flour a 9-inch-square baking pan.

2. Combine the cornmeal, flour, brown sugar, salt, baking soda, and baking powder in a large bowl.

3. In another bowl, mix eggs, buttermilk, and cheese.

4. Make a well in the center of the dry ingredients and pour in the liquid mixture; beat together lightly. Fold in the corn, butter, and rosemary. Pour the mixture into the baking pan and bake until a toothpick inserted into the center comes out clean, 35 to 40 minutes.

A Shareholder

I can tell you that my four-year-old son is thoroughly enjoying the ear of corn he is working on. With a pat of butter on a fork in one hand, and the corn balanced by its "handle" in the other, he says that the white kernels taste best. And this after insisting that he doesn't like corn and won't eat it for dinner no matter what. One bite of mine solved that little issue.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at www.AngelicOrganics.com/cookbook.

