



CORN

Fresh is best when it comes to sweet corn. As soon as it is picked, corn's natural sugars begin gradually converting to starch, robbing it of flavor and tenderness.

Corn grown in Washington is typically at its peak from July through October. There are many varieties ranging in color from deep yellow to pearly white and even bi-color corn.

The farmers market is a great place to find the freshest corn. You can ask the farmer exactly when the corn was harvested and if there are differences in flavor between the varieties available.

CHOOSING:

Look for ears with bright green, tightly wrapped husks and golden brown silk. The kernels should be plump with tightly-spaced rows.

STORING:

Plan to use your corn the same day it is purchased, or store in the husk in the refrigerator for a day or two.

CORN SOUP

Adapted from *Good and Cheap* by Leanne Brown



- 4 cups corn kernels (approx 4 ears)
- 1 tbsp butter
- 1 onion, finely chopped
- 2 sticks celery, finely chopped
- 1 green or red bell pepper, finely chopped
- 1 small potato, diced
- 4 cloves garlic, finely chopped
- 1 chili pepper, finely chopped (optional)
- 1 tbsp cornmeal or flour
- salt and pepper
- 4 cups vegetable broth or chicken stock

Melt the butter in a large pot or Dutch oven on medium heat. Add onion, celery, bell pepper, and potato, then stir. Cover the pot and let everything fry and steam for about 5 minutes.

Take the lid off the pot and add the garlic and chili pepper, if using. Stir the vegetables, using a splash of water or broth to free any that get stuck to the bottom of the pot.

Let the vegetables cook, stirring occasionally, for another 5 minutes. They should be lightly browned and soft, although the potatoes will not be fully cooked yet.

Add the corn and cornmeal or flour to the pot and stir. Cover with broth and bring to a boil, then turn the heat down to low and simmer for about 30 minutes. The broth will thicken and become opaque.

Add salt and pepper to taste.

Serve with a slice of garlic bread. Boost the protein by adding a hard-boiled egg, shredded roasted chicken or browned sausage.

For more delicious recipes from *Good and Cheap* visit www.leannebrown.com



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