

Taking the mystery out of fresh corn

By Russ Parsons, Los Angeles Times

While winter may be coming on “Game of Thrones”, at the farmers market, summer is here. How do I know? Because I saw fresh corn from the Imperial Valley stacked deep Sunday.

Summer has many signifiers – tomatoes, melons, peaches – but perhaps none ignites a shopping frenzy the way corn does. Buyers crowded around the table, ripping off husks, tossing good ears one direction and less-good another.

In the corner, the farmer whimpered (please, folks, use the tips below for choosing corn rather than shredding through the pile, leaving half of them unsalable).

People believe all kinds of silliness about fresh corn: that it needs to be cooked as soon as its picked or it won't be sweet; that white corn is better than yellow, or vice versa.

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