



Anyone reading this from New England will likely have noticed that CORN is back in our local farmer's markets, and we're all busting our husks to get our hands on it.

What's not to love about Corn? It's nutritious—vitamins B and C, plus plenty of fiber and antioxidants that benefit your eyes.

It's portable and comes with its own built-in packaging in the form of a protective husk.

And most importantly, it's tasty—arguably the Quintessential New England Taste of Summer!

And if you're someone who loves a simple preparation for your corn—a quick boil or a zap in the microwave—we are all for it. Anything that makes veggies more convenient and easier to prepare feeds Veggie Monster's mission of helping you eat more veggies every day.

BUT, if you've got a little time and creativity to spare over the next few weeks, Corn is a terrific veggie to build a bevy of snacks and entrees around—[salads](#), [chowders](#) (don't skip the corn stock step!), loaded-up corn on the cob slathered with condiments and sprinkled with spices, [puddings](#), and [baked goods](#).

To help get your Corn Engines revving, we turned to the most creative veggie lovers we know—the Clover staff—and asked "What is your favorite way to eat corn?"

Here's what we heard.

#### **A Simple Special Corn Salad from Lucia, Creative Director**

"Ayr taught me this one - we had it on the menu for a while at Clover and I always wish it would return. Don't substitute anything else for the rice wine vinegar.

- Take the kernels off 4 corn cobs
- Place in a bowl with a sliced green onion (the whole thing, whites and greens alike)
- Drizzle generously with your favorite olive oil (I like Graza or anything with a beautiful label from [Formaggio](#))
- Shake some rice wine vinegar over the top
- Season with salt and pepper to taste"

#### **Corn Pancakes + Corn Slaw from Emily, Assistant Director of Food Planning + Supply Chain**

"My partner, Sasha, waits all year for corn to be in season so I can make these. I use my standard buttermilk pancake recipe, remove the sugar, and add lots of fresh corn off the cob, jalapeño peppers, and green onion. You cook them up just like regular pancakes on a hot skillet and enjoy for a savory breakfast or a hearty dinner."

#### **Corn Salsa from Joe, GM of CloverROW in Somerville**

"First, shave raw corn straight off the cob into a large bowl. The corn is the main component, so don't be afraid of using plenty.

Add diced red onion, cilantro, and freshly-squeezed lime juice.

Now comes the rewarding part if you have a home-garden: go to your patio, your backyard, your window sill. Say hello to your plants. If you have peppers, time to snip snip. The sweet bells, the spicy jalapeños, the why-isn't-this-spicier jalapeños, the burning serranos, the dear-god ghost peppers (if you're exceedingly brave.) Dice them up and toss em in.

With the heat of the peppers, the acidity of the lime, and the sweetness of the corn (each raw kernel bursts in your mouth!), you've made a simple thing that stands up to that August sun.

If you've got tomatoes, great: throw them in too—they can help cool down those ghosts!

And if you want to make a full meal out of it, add some black beans into the mix (we love [Baer's Best](#))."

#### **Dressed-Up Corn on the Cob from Kevin, GM of CloverNTV in Newton**

"Keep it simple: a quick cook or even raw—lots of butter if it's hot, Irish butter preferred (you can find Kerrygold brand more and more at local grocery stores), plus salt and pepper.

And if you have 3 extra minutes—add a squeeze of lime juice, a sprinkling of sumac, and some finely chopped parsley."

#### **Husky Corn from Phil M, Senior Logistics Manager**

"Grilled in the husk—ALWAYS IN THE HUSK—AND enjoyed on the beach with any sort of steamed or raw shellfish. And cut it in half for an unexplainable flavor boost!"

#### **And to finish us off in style...**



#### **Homemade Corn Ice Cream from The Inimitable Sara F, Production Manager**

"I have been on an ice cream making kick this year and I have big plans to make sweet corn ice cream.

I blend blistered corn kernels into a [custard base](#) (made with heavy cream that has been infused with corn cobs for extra corny flavor), then add in even more corn kernels during the last few minutes of churning.

I might also cook blueberries with sugar, vanilla beans, and bourbon, and churn that in right at the end!"

(Editor's note: if you're intimidated by ice cream-making, our friends at [Honeycomb Creamery](#) in Cambridge have corn soft-serve coming soon so keep an eye on [their Instagram](#) for the launch!)



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