



How to Freeze Corn

Learn how to freeze tasty summer corn--and other produce--for enjoyment after the season ends. (Get information on dehydrators, too!)

If you discovered some particularly tasty corn this season, either in your own garden or at a farmers' market, you might consider gathering more of it to preserve for those long, winter months ahead.

It's easy to freeze—on the cob or off—and tastes far better than any “fresh” corn trucked in from distant corners of the world.

To prepare corn for freezing:

Shuck it and clean off all the silk. Bring a large pot of water to a boil and Drop in the corn for five minutes. Remove corn and plunge into a pot of cold water. Pat the ears dry with an absorbent towel.

To freeze ON the cob:Place cobs in freezer-proof bags in a single layer Label and place in freezer.

To freeze OFF the cob:Cut kernels from cob with a sharp knife or a corn-cob cutter (a handy gadget available in kitchen stores and online for about \$4). Place kernels in freezer-proof bags. Label and place in freezer, flattened as much as possible.

To reheat frozen corn—on or off the cob: Place in boiling water for two to three minutes.

Dehydration Tips

To savor the taste of apples or other fruits when the orchards have been put to bed for the season, consider dehydrating. Spiced apple rings make a great snack during the winter. Foods can be dehydrated in the oven, outside in the sunshine or in an electric food dehydrator.

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Information on Food Dehydrators

A number of electric dehydrators are available today, with prices starting at around \$100.

These units consist of four to eight shallow, stacked trays and come with recipes on drying a variety of foods.

Some units come with timers and accessories such as “fruit leather sheets,” for use in making “fruit roll-ups.”

Popular models include:American Harvest Gardenmaster Models FD1018P and FD1020 L'Equip Model 528 Nesco Snackmaster Express

Make Your Own

You can also make your own dehydrator using solar energy!

The most basic design is a “hot box,” in which food is enclosed and protected in a box with a clear cover. Screened holes in the bottom and sides help ensure the air circulation needed for drying.

Eben Fodor details instructions for building solar dryers in his book, *The Solar Food Dryer: How to Make and Use Your Own High-Performance, Sun-Powered Food Dehydrator* (New Society Publishers, 2006).

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