



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Sweet Corn

***Dakota: Wagmeza***  
***Lakota: wagméza***



## **Pick it!**

Choose green,  
tightly folded  
husks covering  
the kernels.

## **Try it!**

Corn can be  
boiled, steamed,  
grilled, roasted  
or microwaved.

## **Like it!**



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Dakota word translated by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Summer

# Sweet Corn

**Dakota:** *Wagmeza*

**Lakota:** *wagméza*

## Pick it!

Choose large, green, stalks with tightly folded husks covering the cob of kernels.

Kernels should be bright yellow and white with a square shape.

The hairy silk should be very pale white with dry brown ends.

Storing warm decreases the sweetness.

Refrigerate in perforated plastic bag within 1-2 days of picking.

Leave the husk on until ready to cook.

Sweet corn can be boiled, steamed, grilled, roasted or microwaved.

## Try it!

Shuck before cooking, by pulling the husks down the ear and breaking at the stem. Run cold water over the ear and rub the silk off.

Avoid salting during cooking as it toughens the kernels.

You may remove the corn from the cob using a paring knife, cut from top to bottom with the ear propped on a plate.



## Types of Sweet Corn

**Standard:** Traditional sweet corn flavor, yellow or white kernels

**Sugar-enhanced:** High sugar content, keeps longer, tender kernels

**Shrunken:** Yellow kernels, highest sugar content, longest storage, kernels shrunken and tougher



## Did you know...

Starch, a complex carbohydrate found in fruits and vegetables, gives food moist, gel-like texture. The body digests most starch into energy used by every cell in body.



**Like it!**

## Boiled Corn on the Cob with Dried Herb Butter

### Ingredients

- As many ears of corn as desired to eat
- 4 Tablespoons paprika
- 1 teaspoon cayenne pepper
- 1 Tablespoon black pepper
- 1 Tablespoon garlic powder
- ½ teaspoon salt
- 1 teaspoon thyme
- ½ cup butter

### Directions

1. Mix paprika, cayenne pepper, black pepper, garlic powder, salt and thyme in a bowl. Add butter and mix well.
2. Remove husks and silks of the corn and wash the cob.
3. Carefully drop the corn into boiling water. Boil for 4 minutes.
4. Spread herb butter on corn right before eating.

Yields 8 servings

Nutrition Facts per Serving:  
Calories 270; Fat 15g; Cholesterol 30mg; Sodium 229mg;  
Carbohydrates 29g; Fiber 9g; Sugar 10g; Protein 6g

## Corn Salad

### Ingredients

- 2 cups whole kernel corn, fresh or frozen, cooked and drained
- ¾ cup tomato, chopped
- ½ cup green green pepper, chopped
- ½ cup celery, chopped
- ¼ cup onion, chopped
- ¼ cup fat-free ranch dressing

### Directions

1. Combine vegetables in a bowl.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.

Yields 6 servings

Nutrition Facts per Serving:  
Total Calories 74; Total Fat 1; Saturated Fat 0g;  
Cholesterol 0mg; Sodium 119mg; Carbohydrates 16g,  
Dietary Fiber 2g, Total Sugars 4g, Added Sugars included  
0g; Protein 2g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-salad-fat-free-ranch-dressing](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-salad-fat-free-ranch-dressing)

## Dakota Perspective (Corn)

*Dakota: Wagmeza*

*Lakota: waggméza*

Corn was a very versatile and important food source for the Dakota and Lakota people. It was often dried on the cob and stored for hundreds of years. It was also popped on the coals of a fire and eaten, which we refer to as popcorn today. Hominy is created by Wapapa, the Dakota name, by placing the kernels into ashes of a fire for a short time. It was also crushed to a coarse powder and added to finely shredded, dried meat, along with rendered bone marrow and fat and then formed into bite sized balls call Wasna. You can also add dried berries for flavor.

*Translation and information provided by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.*

**Find more recipes  
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# Sweet Corn

***Dakota: Wagmeza***

***Lakota: waggméza***

- Choose green, tight husks with gold or white kernels.
- Hairy silk, pale with dry, brown ends.
- Refrigerate in open plastic bag within 1-2 days of picking.
- Storing at warm temperatures can reduce sweetness.
- Leave husks on until ready to cook.
- Corn can be boiled, steamed, grilled, roasted or microwaved.
- Shuck: Peel husks before cooking, break off stem, rub silk off under water.
- No salt while cooking; toughens kernels.
- Cut corn from cob with paring knife.

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## Boiled Corn on the Cob with Dried Herb Butter

### Ingredients

- As many ears of corn as desired to eat
- 4 Tablespoons paprika
- 1 teaspoon cayenne pepper
- 1 Tablespoon black pepper
- 1 Tablespoon garlic powder
- ½ teaspoon salt
- 1 teaspoon thyme
- ½ cup butter

### Directions

1. Mix paprika, cayenne pepper, black pepper, garlic powder, salt and thyme in a bowl. Add butter and mix well.
2. Remove husks and silks of the corn and wash the cob.
3. Carefully drop the corn into boiling water. Boil for 4 minutes.
4. Spread herb butter on corn right before eating.

Yields 8 servings

Nutrition Facts per Serving:

Calories 270; Fat 15g; Cholesterol 30mg; Sodium 229mg;  
Carbohydrates 29g; Fiber 9g; Sugar 10g; Protein 6g

## Corn Salad

### Ingredients

- 2 cups whole kernel corn, fresh or frozen, cooked and drained
- ¾ cup tomato, chopped
- ½ cup green pepper, chopped
- ½ cup celery, chopped
- ¼ cup onion, chopped
- ¼ cup fat-free ranch dressing

### Directions

1. Combine vegetables in a bowl.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.

Yields 6 servings

Nutrition Facts per Serving:

Total Calories 74; Total Fat 1; Saturated Fat 0g; Cholesterol 0mg;  
Sodium 119mg; Carbohydrates 16g, Dietary Fiber 2g, Total Sugars 4g,  
Added Sugars included 0g; Protein 2g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-salad-fat-free-ranch-dressing](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-salad-fat-free-ranch-dressing)



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In season:



Summer

# Sweet Corn

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## Sampling Display Instructions

### Boiled Corn on the Cob with Dried Herb Butter

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 1 teaspoon on ¼ ear of corn serving.			
Ears of corn, quartered	6 ears	8 ears	12 ears
Paprika	¼ cup	⅓ cup	½ cup
Cayenne pepper	1 teaspoon	1 ½ teaspoons	2 teaspoons
Black pepper	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
Garlic powder	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
Salt	½ teaspoon	1 ½ teaspoon	1 teaspoon
Thyme	1 teaspoon	1 ½ teaspoons	2 teaspoons
Butter	½ cup	¾ cup	1 cup

### Directions:

1. Mix paprika, cayenne pepper, black pepper, garlic powder, salt and thyme in a bowl. Add butter to the spices and mix.
2. Remove husks and silks of the corn and wash.
3. Cut each ear into 4 pieces.
4. Carefully drop corn into a pot of boiling water. Boil for 4 minutes.
5. Place cooked corn in a crock pot to keep warm until ready to serve.
6. Spread herb butter on pieces of corn with a pastry brush when ready to serve samples.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Paper plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) [youtu.be/ZME4e\\_SO9\\_k?si=qMELoIM2zKRfCOzX](https://youtu.be/ZME4e_SO9_k?si=qMELoIM2zKRfCOzX)



### Notes:

- Prepare Boiled Corn on the Cob and Dried Herb Butter but do not add the butter to the corn. Keep warm in a slow cooker.
- Serve each corn cob brushed with 1 teaspoon of herb butter.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post the Allergy Alert sign. Place only a few samples out at a time. Ask parent's permission before children may sample.
- Ask them if they use sweet corn often in their meals. Ask if they could use this recipe.
- Point out that a small amount of the herb butter can be used to add flavor to a variety of vegetables.
- Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

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**In season:**



**Summer**

# Sweet Corn

**Dakota: Wagmeza**

**Lakota: waggméza**

## Sampling Display Instructions

### Corn Salad

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons			
Whole kernel corn, fresh, frozen, cooked and drained	1 ½ cups	2 cups	2 ¾ cups
Tomato, chopped	½ cup, 1 ½ teaspoons	¾ cup	1 cup
Green pepper, chopped	⅓ cup	½ cup	1 cup
Celery, chopped	⅓ cup	½ cup	¾ cup
Onion, chopped	3 Tablespoons	¼ cup	⅓ cup
Fat-free ranch dressing	3 Tablespoons	¼ cup	⅓ cup

### Directions:

1. In a bowl, combine all vegetables and mix.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)  
[youtube.com/watch?v=PLlIdDb7IZYqIWYg\\_nH3tCtQgNv0DcsstO](https://www.youtube.com/watch?v=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO)



### Notes:

- Cook corn ahead of time.
- Serve 2 Tablespoons of corn salad.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post the Allergy Alert sign. Place only a few samples out at a time. Ask parent's permission before children may sample.
- Ask them if they use sweet corn often in their meals. Ask if they could use this recipe.
- Point out that this could be used as a side or a snack.
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