

【Young Corn】 Can you even eat corn silk?

Now in
season

Mar. Apr. **May.** Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



In order to grow large and sweet corn, which can produce three or more ears from a single stalk, all ears from the third one are harvested early. This is young corn. It is also called baby corn.



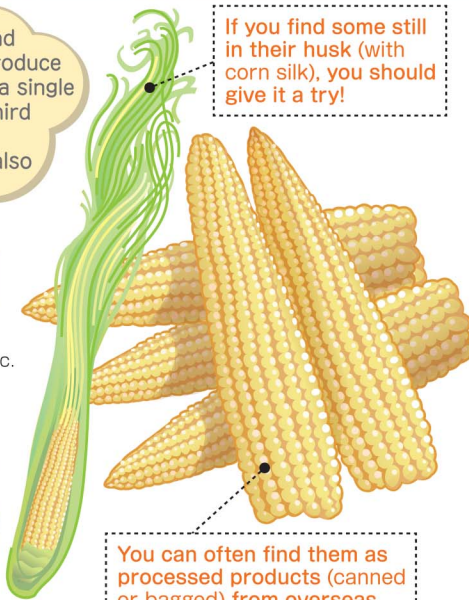
Nutritional Content

- **Ears:** Dietary fiber, vitamins B1 and B2, potassium, zinc, folic acid, etc.
- **Silk:** Potassium, citric acid, flavonoids, etc.



The vitamin and mineral content is comparable to that of corn (sweet corn). On the other hand, they have a low calorie and sugar content.

Reference websites: "ehealthrecipe," Daiichi Sankyo Co., Ltd. / "What kind of food is young corn?" olive-hitomawashi / "What is the difference between young corn and baby corn?," DELISH KITCHEN / "The appeal of nutrient-rich young corn," weathernews / Standard Tables of Food Composition in Japan - 2020 (Eighth Revised Edition)

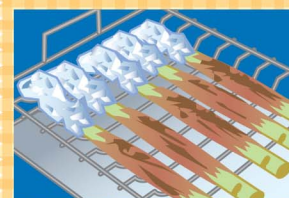


How to Choose and Store

- If they have husks, choose ones that are firm with vibrant light yellow-green silk.
- They lose their freshness when they become dry, so eat them as soon as possible.

Recommended Dishes

- Wrap the silk in aluminum foil and grill them whole in a fish grill. Peel off the charred husk and eat the silk and corn.



Grilled corn in the husk



The silk is sweet and delicious! You can even turn them into tempura!

[Note] The prime season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
(English version)!

The website is available in English. Please be sure to read it.



Click "English"
at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

