

Canning Supersweet and White Corn

SURE YOU CAN, BUT THEY MAY NOT BE THE BEST PICK

Supersweet varieties of corn are popular because – well – super sweet! They are wonderful for fresh eating, but supersweet and white varieties of corn are not necessarily the best choices for canning. Canning supersweet and white varieties of corn do not present any safety concerns, however there may be quality issues.

When sweeter varieties of corn are pressure canned, the high heat causes the sugar in the corn to caramelize, which then makes the corn turn brown. Supersweet varieties of corn also have a tendency to be tough, and they may lack a creamy texture after processing. White sweet varieties of corn may appear grayish in color after processing.

Other factors that cause corn to turn brown when canning include using corn kernels that are too immature or processing at a higher pressure than required.

When canning corn, it's recommended that a small batch be processed and then checked for color and flavor before canning a large quantity.

For further information on canning visit the National Center for Home Food Preservation (NCHFP) at <https://nchfp.uga.edu> or contact your local Cooperative Extension office.

Brought to you by the UCCE Master Food Preservers of El Dorado County
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