

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing corn

Indiana is home to many acres of massive corn fields, but corn can be grown in a home garden, too. Sweet corn is a popular summer vegetable to grow in the home garden. Many cornfields consist of field corn, which is starchier but sweet corn, like its name, has a sweeter taste and the kernels are softer.

Different types of sweet corn should not be planted together. Corn comes in many different varieties but if planted near each other, the types can cross and create a starchier corn.

Corn is grown for its cob, to make popcorn or for ornamental decoration. It can be made in a variety of different ways, such as grilling, boiling or steaming.

Different types of sweet corn:

Sweet corn comes in three different types – normal, sugar-enhanced and super sweet. The different types include different levels of sucralose, which changes the flavor of the corn. Normal sweet corn's sugars turn to starch quicker after harvest, but sugar-enhanced and super sweet corn stays sweeter longer. Sugar-enhanced sweet corn is more tender than the others, and super sweet corn needs warmer, moister soil to germinate compared to the other types of corn. Sweet corn can be yellow, white or multi-colored like some heirloom varieties.

Some varieties include: the Silver Queen, this variety is known to be so tender and sweet, it can often be eaten raw. Golden



[Corn seeds available at ufseeds.com](http://ufseeds.com)

Bantam, a variety that has a fast maturing time with a sweet taste. Although often known for its yellow or white kernels, sweet corn can come in heirloom varieties and grow in other colors, like red.

Sugar values of corn:

Sweet corn has a lower starch content and higher sugar content and is composed of up to 18 percent sugar, most of which is sucralose. Foods with high sugar can be ranked high on the glycemic index, which can then lead to increased blood sugar and unhealthy side effects. Despite its sweetness, sweet corn doesn't rank high on the glycemic index, making it a healthier option for those with a sweet tooth.

To plant:

It is not recommended to start corn seeds indoors. Corn should be first planted outside in the garden two weeks after the last spring frost. Soil must be above 60 degrees for germination. In colder climates, black plastic over the soil to warm it and plant the corn



100%
Non-GMO Seed



One Day
Shipping



100%
Satisfaction Guarantee



Family
Owned +Operated

URBAN FARMER

LOVE THE EARTH

through holes poked in the plastic.

Sweet corn is a warm-weather plant, and the soil must be warmer than at least 55 degrees Fahrenheit upon planting. If planting super sweet corn, wait for the soil to warm to at least 65 degrees Fahrenheit. Since sweet corn has a long growing season, the best way to plant sweet corn is to plant an early variety and then plant again further into the season. For colder areas, warm the soil by placing black plastic across the area planned for the sweet corn and plant the seeds through holes in the plastic. Corn is best grown not in rows but in square plots, as it is pollinated by wind.

Planting dates for sweet corn:

- Zone 2: June 15
- Zone 3: May 31
- Zone 4: May 15
- Zone 5: May 1
- Zone 6: April 15
- Zone 7: April 1
- Zone 8: March 15
- Zone 9: March 1

To learn more about the USDA hardiness Growing Zones, [click here](#).

Plant seeds 1 inch deep and 4 inches apart in rows set 3 feet apart. Water the corn seeds well as soon as you plant them.

To grow:

Once plants reach 4 inches tall, you may thin them to grow 8 to 12 inches apart. Corn must be well-watered due to their shallow roots. Corn requires 5 gallons of watering per square foot of crop. Also, weed carefully to not damage the roots. Water retention



[Corn seeds available at ufseeds.com](http://ufseeds.com)

may be done by mulching the corn plants. Corn requires well-drained soil with a pH of 6.0 to 6.8.

To harvest:

Corn is ready to harvest when its tassels are brown and the cobs swell, which is approximately 20 days after the silks appear. To harvest, pull the cob down and twist it off the stalk.

What corn crave:

Fertilization can be done at the time of planting, as corn is meant to grow quickly, and it is a hungry plant. Fertilize the corn every 30 days. Once the fertilizer has been released, water well. Corn doesn't prefer a certain kind of fertilizer, so fertilize by following the fertilizer brand's instructions.

Where to buy corn seeds:

Urban Farmer sells many different varieties of corn seeds, including sweet corn, white corn and more. Check out our website at [ufseeds.com!](http://ufseeds.com)



100%
Non-GMO Seed



One Day
Shipping



100%
Satisfaction Guarantee



Family
Owned + Operated