



(**indian corn**, **sweetcorn**, **sugar corn**, **pole corn**, **corn**) is a variety of [maize](#) with a high [sugar](#) content and prepared as a [vegetable](#).

- Sweet corn is the result of a naturally-occurring [recessive mutation](#) in the genes which control conversion of sugar to starch inside the [endosperm](#) of the corn kernel. Unlike [field corn](#) varieties, which are harvested when the kernels are dry and mature (dent stage), sweet corn is picked when immature (milk stage) and eaten as a [vegetable](#), rather than a [grain](#).
- Since the process of maturation involves converting sugar into [starch](#), sweet corn stores poorly and must be eaten fresh, [canned](#), or frozen before the kernels become tough and starchy.

Sweet corn occurs as a spontaneous mutation in [field corn](#) and was grown by several [Native American](#) tribes.

The [fruit](#) of the sweet corn plant is the corn *kernel*, a type of fruit called a [caryopsis](#). The ear

is a collection of kernels on the *cob*

. Because corn is a [monocot](#)

, there is always an even number of rows of kernels. The ear is covered by tightly wrapped leaves called the *husk*

. *Silk*

is the name for the styles of the [pistillate](#)

flowers, which emerge from the husk. The husk and silk are removed by hand, before boiling but not before roasting, in a process called *husking*

or

shucking

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Cooked sweet corn has significant [antioxidant](#) activity, which has been suggested to reduce the chance of [heart disease](#) and [cancer](#), although this has not been definitively proven in practice.