

Sweetcorn's in season!

Miyazaki Prefecture is known for growing a wide variety of fruit and vegetables. For this article, I'd like to talk a specialty from Saito city that's only in season now, from May to June: "Morning Fresh Sweetcorn".

Gold Rush

The usual harvest period for sweetcorn is from June to September. But Saito, also a sweetcorn-growing area, cultivates a variety known as "Gold Rush", which is harvested from May to June. This sweetcorn is known for its tightly packed kernels and juicy sweetness that can be enjoyed even uncooked.

Harvesting occurs between 1 and 2 AM, before sunrise. The sweetcorn are sorted and packed, before being shipped by mid-morning, mostly to the Kanto and Kansai areas.

They are harvested early in the morning, as this is when their sugar content is at its peak, giving them the name "Asadore", or "Morning Fresh Sweetcorn".



Recommended eating method

1. Leave one or two thin layers of husk and wrap in plastic wrap.
2. Heat in the microwave at 500w (one cob: 5 to 8 minutes, two cobs: 8 to 12 minutes)

※Heating in the microwave allows the sweetcorn to steam and increase in sweetness, without losing any nutrients or becoming watery. They get very hot, so be careful not to burn yourself.

You can find this signature taste of early summer at your local supermarket or farmer's market, so be sure to sample some sweetcorn!

If you have any questions, comments or suggestions regarding this column, please contact the Miyazaki International Foundation (MIF):

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