



Jicama





SHOPPER'S TIPS

- Look for brown jicama that are smooth, firm, and feel heavy for their size.
- Avoid jicama that are discolored and have soft spots, holes, or rough skin.

FUN FACTS!

- Jicama is also known as Mexican potato or Mexican turnip.
- The flesh of jicama is made up of nearly 90 percent water.

WHAT IS IN IT FOR YOU?

One cup of sliced jicama is:

- An excellent source of fiber and vitamin C.

SERVING IDEAS

- Always peel jicama before eating. Sprinkle sliced jicama with lime juice and chili powder for a light snack.
- Add jicama strips to your favorite vegetable stir-fry. Or, toss into a salad for some extra crunch.

PEAK SEASON

Available year round.

STORAGE

Store jicama in a cool, dry place for up to four months. Keep sliced jicama sealed in a plastic bag and store in the refrigerator for up to one week.