

# — JICAMA —

## What is it?

- Jicama is pronounced “hee-kuh-muh” or “hik-uh-muh.”
- It is part of the potato family.
- Jicama is grown on a vine that grows up to 20 feet long. We eat the root of the jicama plant.
- Before eating a jicama, peel off the outside to reveal the raw white flesh inside.
- Raw jicama has a similar texture to a crisp apple.



## When is it available?

- Harvested in Central and South America from November to May.
- Jicama is usually available year round.

## What's so cool about it?

- After a large drought that hurt potato crops in Mexico and Central America in the early 1980s, jicama production increased.
- Jicama can grow to be up to 50 pounds, but it tastes the best when it is under 5 pounds.
- Jicama is easy to cook with because it has a mild flavor that can blend into many different dishes.
- Other names for jicama include arboloco, leafcup, Mexican potato, Mexican yam bean, yacón, and yacuma.



## Why should I eat it?

- Jicama is an excellent source of fiber, which helps lower bad cholesterol and promotes good digestion. It provides one-quarter of what's needed daily in fiber per half cup serving.
- Jicama is also an excellent source of vitamin C - 44% of the daily value per serving - a powerful antioxidant that zaps free radicals to protect against cancer, inflammation, viral cough, cold, and infections.

