



History/Origin

JICAMA

- ☆ Jicama is pronounced *HEE-kah-mah*.
- ☆ There are *two primary varieties*, one that originated in Mexico and the other in South America.
- ☆ *Spanish traders* introduced it to the Philippines during the 17th century, and from there to Southeast Asia and China.
- ☆ It was a dietary *staple on ships* because of its quenching properties and ability to last without refrigeration.



JICAMA

Botanical

- ☆ The botanical name is *Pachyrhizus erosus*.
- ☆ Jicama is the *root* of a legume or bean plant that grows in Mexico, and Central and South America.
- ☆ It is a relative to the *potato family*, and can weigh between a few ounces to 6 pounds!
- ☆ It tastes like a cross between a *potato and a pear*.
- ☆ *Names* for Jicama include:
Mexican potato, Mexican yam bean, ahupa, saa got, Chinese turnip, lo bok, and Chinese potato.





★ Jicama is a very *versatile* root vegetable that is mostly made of water.

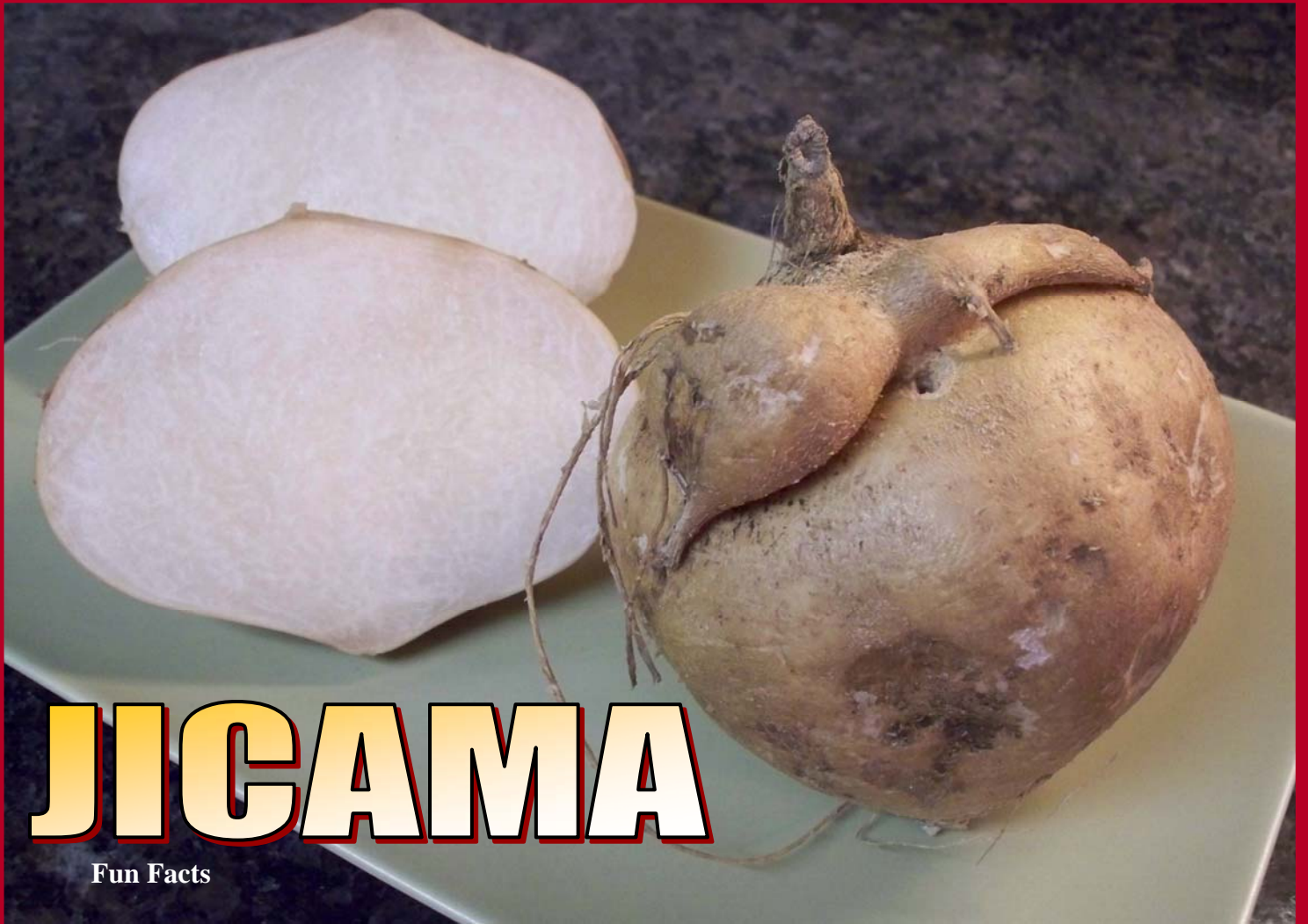
★ It is *sweet, crispy*, and *low in calories*.
One-half cup contains only 25 calories so it makes a great snack!

★ Jicama is *high* in:

- ♥ Vitamin C
- ♥ Dietary fiber
- ♥ Antioxidants

★ It is *fat free* and low in sodium.





JICAMA

Fun Facts

- ☆ The *root is fine to eat*, but the leaves of the Jicama plant are very poisonous.
- ☆ Peel the *inedible papery brown skin* of the Jicama just as you would a potato.
- ☆ The *younger and smaller tubers* are sweeter and milder.
- ☆ Some *ways to eat Jicama* include cutting it into sticks and using it as a raw vegetable, putting it into soups or stir fry, and using it in salads with citrus.

