

# JICAMA



*Jicama is a root vegetable native to Central America and mainly Mexico. It is part of the Fabaceae family and grows on a climbing plant. This vegetable has a unique shape that reminds us of a spinning top.*

## AVAILABILITY AND PROVENANCE

### ✓ PROVENANCE

MEXICO

JANUARY FEBUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

## TARGET CUSTOMER: HISPANIC & ASIAN

## OPTIMAL TEMPERATURE FOR CONSERVATION

6- 8°C

## PURCHASE GUIDE

When buying, look for a firm, heavy jicama for its size. If it looks light, it has probably started to lose its moisture and has been sitting on the shelf for a while.

## CONSUMPTION

The flesh is juicy, crunchy and sweet, with a slight chestnut taste. It can be eaten raw in a salad or cooked like a potato. In Mexico, it is sliced and lime juice, salt, chili powder and coriander are added to it, and that's it!

## NUTRITIONAL VALUE

The Jicama is high in carbohydrates. It is composed of 86–90% water. It is also a good source of vitamin C.

