



Spotlight on Produce

Jicama

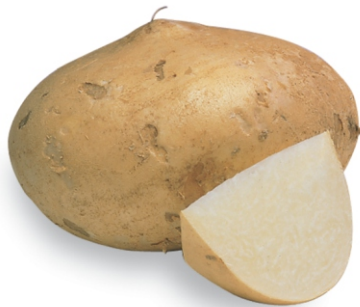
Jicama is a brown-skinned tuber with white flesh and a delicate, slightly sweet flavor. It may be turnip-shaped and rounded or lobed and blunt-tipped; tubers typically weigh from 1-5 pounds. The skin is fairly thin, and the creamy flesh is juicy. Jicama can be eaten raw or cooked. Add thin slices to salads, side dishes or even desserts for extra crunch. It can be stored for long periods without breakdown if refrigerated. Jicama is available year-round. Jicama is classified as a starchy vegetable for school menu planning.

The taste of jicama is like a cross between a potato and a pear.

Jicama sticks can be served with seasoning or with a dipping sauce.

13265 • 5#
Jicama Sticks S/O

13260 • 30 ct
1/2 cup Portioned
Jicama Sticks S/O



11620 • 20#
Jicama Bulbs S/O

11625 • 5#
Jicama Bulbs S/O

This large, bulbous root vegetable has a thin brown skin and white crunchy flesh. Its sweet, nutty flavor is good both raw and cooked. Jicama must be peeled before using.

When cooked, jicama retains its crisp, water chestnut-type texture. It is a fair source of vitamin C and potassium.

Jicama slaw consists of green cabbage, jicama, red onion, shredded carrots and cilantro.

102628 • 5#
Jicama Slaw,
5 Way Blend S/O



Available varieties and sizes may change depending on growing and harvesting conditions.

