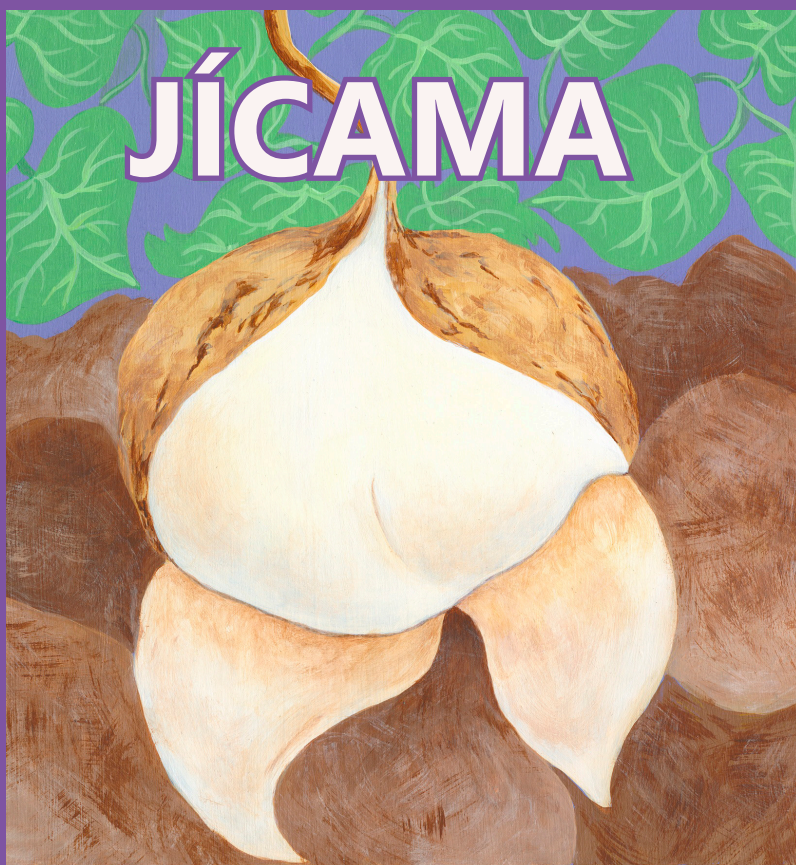


Harvest of the Month



JÍCAMA



Local Highlight

Jícama needs a long, warm growing season and cannot be grown in Humboldt County. There have been attempts to produce the crop in southern California, but even there farmers have had little success. Most of the jícama you find in stores is from Mexico.

Literature Links

- *And The Good Brown Earth*, by Kathy Henderson
- *Happy Veggies*, by Mayumi Oda
- *Try It!*, by Mara Rockliff

Joke Corner

What makes jícama
such a great friend?

They root for you!

What did the jícama say
when it fell in love?

I found my soil mate!

What does jícama like
to drink?

Root beer!

Harvest of the Month



JÍCAMA

Pachyrhizus erosus



Spanish: jícama
Hmong: lauj pwm jicama

Nutrition Power

Jícama is a good source of vitamin C and fiber.



Vitamin C helps you heal!



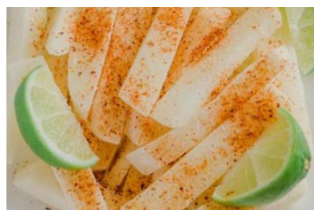
Fiber helps your stomach and intestines to work at their best!

History

Jícama is native to what is now Mexico and Central America. It was first grown by the Mayan and Aztec peoples for food and medicine. Today jícama is an important part of Mexican cuisine and one of the main ingredients used to make traditional foods for el día de los muertos, or Day of the Dead.

Jícama was brought to the Philippines in the 1600's and caught on quickly. It spread from there and is now popular in many Asian countries.

Jícama is often eaten raw. Its crisp texture and fresh flavor make it a refreshing treat! In Mexico it is served with chili and lime.



Did You Know?

- ❑ Plant part we eat: ROOT
- ❑ Jícama is in the bean family! The jícama plant grows a vine that can reach over 15 feet long and produces bean pods. The root of the plant is the only part that is edible, however. All other parts are toxic.
- ❑ Jícama needs a long, warm growing season. It can take up to nine months for its root to get big enough to harvest.
- ❑ It is possible to grow jícama in some parts of Florida, Texas, and Hawai'i, but most jícama eaten in the U.S. are from Mexico, Central America, and South America.

