



JÍCAMA

- Jícama is native to what is now Mexico and Central America.
- Jícama is often eaten raw. It's crisp texture and fresh flavor make it a refreshing treat! In Mexico it is often served with chili and lime.
- Jícama is in the bean family! Above ground, the jícama plant grows as a vine that can reach over 15 feet long and produces bean pods. Below ground, the plant forms a large fleshy root. This is the part that we eat!
- Jícama is a good source of Vitamin C which helps lower the risk of getting an infection.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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SCIENCE: Growing Food In Space!

The Vegetable Production System, known as Veggie, is a space garden residing on the space station. Veggie's purpose is to help NASA study plant growth in microgravity, while adding fresh food to the astronauts' diet and enhancing happiness and well-being on the orbiting laboratory. Check out the link to explore more about this interesting project!

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