

# Jicama



Edible tuber that resembles a turnip in physical appearance, although they are not related. It is a leguminous, herbaceous plant with globular roots, juicy and sweet, its texture is crunchy and watery if consumed raw. It is originally from Mexico. Its root is the only edible part.

**Growing season:** November – July: High  
August – October: Low



**Packing:** Box

**Uses:** Foods such as salads  
Snack between meals  
Source of vitamin C, E, calcium and potassium  
High content of fiber  
As a snack with salt, lime and chili.



**Content:** 20 LB, 35 LB