



Jicama Sticks

Also called "Mexican Turnip"

- Pronounced "Hick-uh-muh"
- Jicama root is an oval shaped vegetable that grows underground and is related to peas.
- The root's outside is yellow and papery and cannot be eaten, while its inside is creamy white with a crisp feel that resembles a raw potato and can be eaten.
- Even though you can eat the inside of the root, the rest of the jicama plant is very poisonous! The seeds contain toxins used to poison insects.



- Jicama tastes sort of like an apple!
- Jicama can be eaten raw in salads, dipped in salsas, or alone as a healthy snack! It is yummy with chili powder, cilantro, lemon or lime juice, salsa, and soy sauce.