



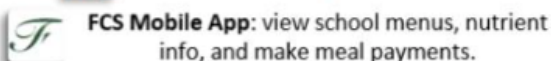
JICAMA & LIME MIX

DID YOU KNOW?

- Jicama is an oval-shaped root vegetable that resembles an onion but can also have an irregular or deformed appearance. It generally weighs 1,360 to 2,700 grams and is about 15 centimeters wide.
- Jicama is most often consumed raw but can also be cooked, pickled, or canned.
- Limes are an excellent source of vitamin C as well as a good source of dietary fiber. They also contain minerals like calcium, iron, potassium, copper, magnesium, and phosphorus.

FUN FACT!

Jicama, pronounced HIK-ka-ma, is botanically classified as *Pachyrhizus erosus* and belongs to the Fabaceae family, which also includes green beans, peas, black beans, and chickpeas. Limes have been used for centuries by sailors and fishermen as prevention for scurvy, which is an illness that causes weakness, anemia, gum disease, and skin problems.



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