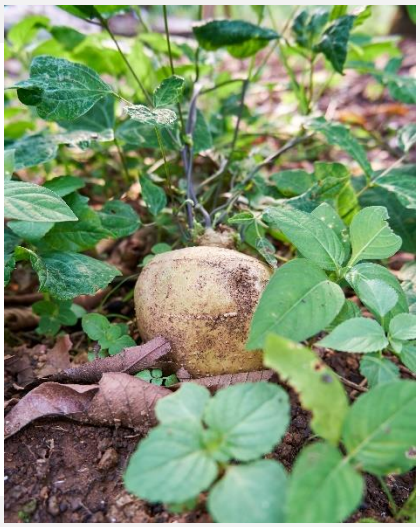
Jicama

What Am I?

Jicama is a root vegetable with thick, brown skin. The inside of the vegetable is white and tastes like an apple but is not as sweet. Most people peel jicama and eat it raw.

How Do I Grow?

- Jicama grows on vines that are about 20 feet long.
- The edible portion of the plant is the root.
- The harvest season occurs from November to May in Central and South America.



Nutrition

Jicama is a good source of carbohydrates. It also contains fiber, vitamin C, and potassium.

Fun Facts

- Jicama can weight up to 50 pounds but should be harvested when they are under five pounds.
- Jicama is a member of the potato family.
- Unlike apples, jicama will not turn brown once exposed to air after being cut.

WISCONSIN DEPARTMENT OF
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