

Jicama Sticks

Look:

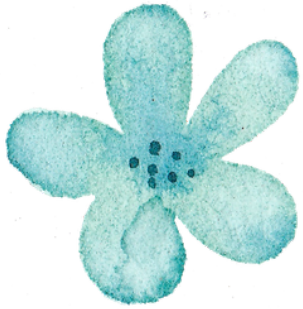
Jicama is an oval-shaped root vegetable that looks like an onion. It is light brown with a flaky texture. This thick skin is slightly marked with darker vein-like lines. The inside is white and crisp.

Taste:

Jicama has a mildly sweet flavor with a nuttiness that tastes like a cross between a potato and a pear.

Touch:

The skin of a jicama is rough and bumpy to the touch but inside is juicy and fibrous.



Jicama grows on a long vine and has leaves with big blue and white flowers.



Did you know?

Jicama does not brown after being cut like an apple does!



Health Benefits

1. Packed with nutrients
2. High in antioxidants
3. Promotes digestion
4. Good for gut bacteria
5. Can aid in weight loss
6. May boost heart health