

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7100 students in Western Nevada County will sample Jicama this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- always peel jicama root
- slice into sticks and serve with dips like hummus
- chop and add to salads
- chop and sprinkle with chili powder and lemon or lime juice for a refreshing snack

Jicama



Jicama Orange Salad

Adapted from *Fields of Greens*

1 small jicama, peeled and cubed
5 mandarins or 3 oranges, peeled & sliced
3 radishes, thinly sliced

Dressing :

¾ cup fresh-squeezed mandarin or orange juice

1 Tbsp. rice vinegar

1/8 tsp. salt

Pinch cayenne pepper (optional)

Whisk together the dressing ingredients and toss with the jicama, oranges and radishes.

JSM Organics is a certified organic farm located in the beautiful rolling hills of Royal Oaks/Aromas, California in Monterey County. The JSM team is dedicated to producing the highest quality produce and providing affordable and accessible organic food. Javier Zamora, the founder of JSM Organics, grew up farming in Mexico, went to college at age 41, and then started his own farm here in California. He started growing jicama because it was one of his favorite foods growing up. You can find his strawberries, avocados and jicama at the Briar Patch Coop.



If your student is eligible for free/reduced school meals, you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



Jicama Fun Facts

For all ages:

Jicama (pronounced hee-cah-mah) is the root of a legume vine. While it may look like a turnip, the taste is sweeter like an apple.

Like peas and beans, it is a member of the legume family.

A single jicama can weigh from a few ounces to six pounds!

Jicama has a very mild sweet taste that absorbs flavors well. Smaller, younger jicama roots are sweeter and juicier. It is delicious raw but can also be roasted or sautéed.



Always peel jicama root before eating. The tough skin contains a natural insecticide to keep bugs from eating it, as do the vines and leaves.

Originally from Mexico, jicama is now grown in the warm climates of Central America, the Caribbean, the Andes Mountain regions, and Southeast Asia, where it's an important as well as extremely versatile food source.

Jicama is also known as Mexican turnip, Mexican yam bean, ahupa, saa got, Chinese turnip, and the Chinese potato.

For older students:

History: Spanish traders introduced jicama to the Phillipines during the 17th century and from there to Southeast Asia and China. It was a dietary staple on ships because of its quenching properties and its ability to last long periods of time without refrigeration.

Nutritional benefits: High in Vitamin C and low in calories, jicama is mostly water and is high in fiber. It contains many important vitamins and minerals, including vitamin C, folate, potassium and magnesium.

The scientific name for jicama is *Pachyrhizus erosus*. Even though it doesn't look much like peas and beans, it is part of the legume family, Fabaceae, which is the third largest flowering plant family in the world.

Plants in the legume family have a symbiotic relationship with Rhizobia, bacteria that fix nitrogen inside the root nodules of legumes. Nitrogen is important for plant growth and the formation of plant proteins. Growing legumes contributes to soil fertility and can decrease the need to add nitrogen fertilizers.