



**Thought
Foodness**

**Featuring
Jicama
Sticks**

WEST VIRGINIA HARVEST™



Did You Know?

Jicama Sticks

Where I grow best:

Jicama grows best in warm, sunny places with loose, sandy soil. It needs at least six to eight hours of sunlight each day and does not like cold weather or frost. Jicama takes a long time to grow, usually between five and nine months, so it does best in places like Mexico, Central America, and the southern United States. In cooler areas, people can start growing jicama indoors and move it outside when the weather gets warmer.

My Nutritional Superpowers include:

Jicama is a crunchy, healthy snack with great superpowers. It is full of fiber for good digestion, vitamin C to fight germs, and potassium to keep the heart and muscles strong. Its high water content helps with hydration, and its natural sugars give a boost of energy. Eating jicama is a fun and tasty way to stay healthy!

I taste great in meals like:

Jicama Apple Salad, Baked Jicama Fries, and Jicama and Fruit Salsa!

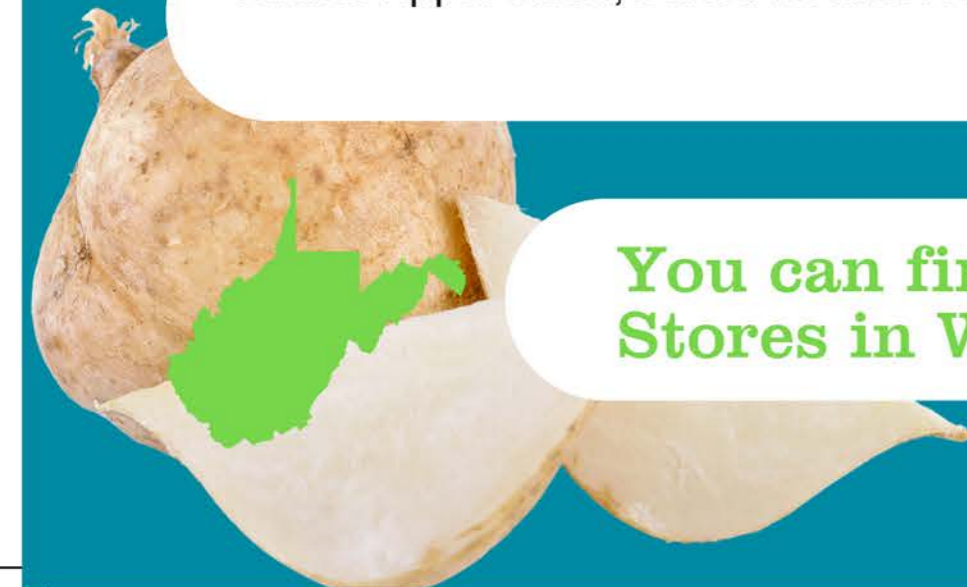
You can find Jicama at some Grocery Stores in West Virginia and on Amazon!




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Recipe Spotlight

Jicama & Fruit Salsa

Here is an easy way to try today's produce item in a meal at home!*

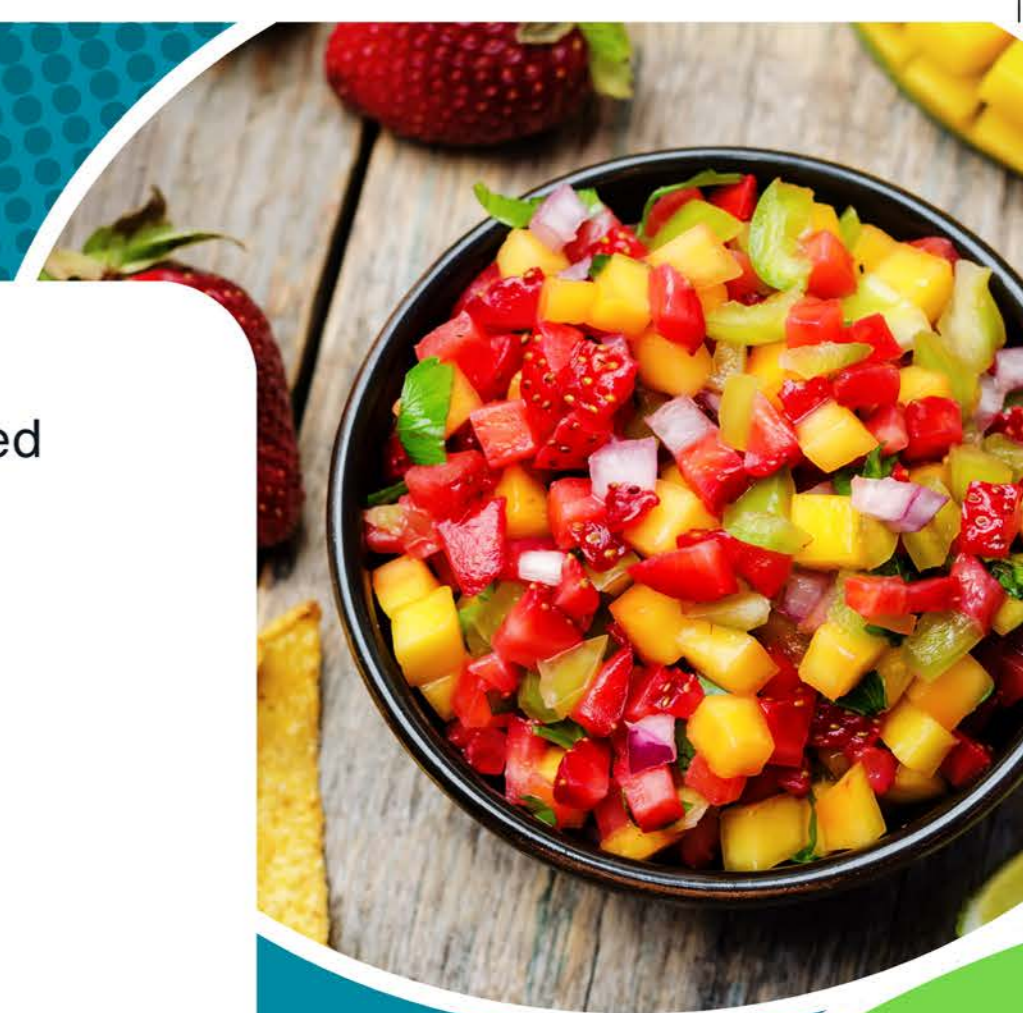
Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Mix jicama, mango, and strawberries in a bowl.
2. Squeeze lime juice on top and stir.
3. Eat with tortilla chips or as a topping for tacos!

What you will need:

- ½ cup jicama, diced
- ½ cup mango or pineapple, diced
- ½ cup strawberries, diced
- 1 teaspoon lime juice



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.


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healthier
you!



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