



# JÍCAMA

In Coliman we have more than 54 years of experience in the growing, packaging, marketing, and leader in the sales & distribution fruit and vegetables in México and all of the world.

Chopped, cubed, sliced into fine sticks, raw or cooked, jicama is versatile and great in stir-fries, salads, slaw, soups, and with other veggies and fruits. The ideal temperature for jicama is 65° C

**Production zone:** Nayarit

**Country of origin:** México

**Available:** October to July

**Certification:** primus 

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## BENEFITS

- Excellent source of fiber and vitamin C.
- Low in calories but high in a few vital nutrients.
- Promotes "good" bacteria growth that maintains both a healthy colon and balanced immunity
- Has a very low glycemic index, jicama is a great food for diabetics, and low in calories for those interested in weight reduction