

NEWSLETTER

JICAMA STICKS

ISSUE NO 4 | JULY - 2019 | VOLUME 1



Local Polite Bite from:

**Zimonick Brothers
Produce Inc.**

Green Bay Distributor



JICAMA HIGHLIGHTS:

We got our jicama sticks are from Zimonick Brothers Produce, Inc. This company is a local produce distributor from downtown Green Bay.

Jicama has a crunchy white interior packed with many nutrients, such as fiber, vitamin C, and potassium. It has a unique flavor that pairs well in many Mexican dishes, Asian stir fries, or American stews.

It is important to peel this vegetable, due to the toxins that the peels contain to help protect the plant from predators that may try to eat it.

Because it originated in the tropics, it needs a lot of sunlight to grow properly. Along with needing a lot of sunlight, it also needs over 150 days to fully develop! This makes it hard to grow in Wisconsin unless it is grown in a greenhouse or glasshouse.

FACT #1

The leaves and the brown outer peel of the jicama plant contain toxins to protect the plant from predators

FACT #2

Originated in Mexico and Central America from the Mayan and Aztec Indians

FACT #3

Jicama also goes by the name "yam beans"

https://harvesttotable.com/jicama_tuber_vegetable_jicama/



HOWARD-SUAMICO
SCHOOL DISTRICT
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USES FOR JICAMA

- Cut and added to a stir fry
- Mashed like a potato
- Baked like a French fry
- Added to stews and soups
- Cut and served raw
 - Extra flavor: add lime juice and chili powder
- Dice and add to fruit salads
- Good substitute for water chestnuts in recipes



https://souperdiaries.com/wp-content/uploads/2016/01/20160129_125545.jpg

The Wonders of Water in the Summertime Heat!

With the heat of summer kicking in, it is important to drink enough!

- To stay hydrated, one should drink AT LEAST 64 ounces a day

-A Few Reasons Why it's SO Important for the Body-

- Water helps the body maintain its preferred temperature of 98.6°F
- Water works to help cushion joints and tissues in the body
- Helps digest nutrients in food -> some nutrients are soluble in water, like Vitamin C and the B Vitamins, so they're better absorbed in the body with more water present



School Nutrition serving daily:

<https://schools.mealviewer.com/results/howardsuamico>

Contact the School Nutrition Department with any questions about the breakfast and lunch programs at: 920-662-7723