FRUIT AND VEGGIE NEWSLETTER

March Edition

IN THIS MONTH'S ISSUE:

VEGGIE OF THE MONTH

Jicama

FRUIT OF THE MONTH

Star Fruit

NEVER TRY, NEVER KNOW!

Check out the salad bar in the Cafe to try this month's fruit and veggie! If you never try, you never know!

THIS MONTH'S FUN FACT:

Some compare the taste of jicama to a cross between a potato and pear, a less sweet apple, or a water chestnut!

STAR FRUIT

- Star fruit, including the peel, is a good source of dietary fiber which is healthy for your digestive system!
- Star fruit is rich in antioxidants and contains many B-complex vitamins such as folate, riboflavin and B-6 that help your metabolism function properly!
- Star fruit is one of the lowest calorie tropical fruits.

HOW DO THEY GROW?

Star fruit grows on a tree in tropical climates with humidity and at least 70 inches of rainfall per year. Star fruit grows well in Sri Lanka, Indonesia, India and Southeast Asia.

FUN WAYS TO EAT STAR FRUIT

When you cut starfruit into cross sections it looks like a star! The entire fruit is edible!
- Dip stars into yogurt
- Top a cake, muffins or pancakes with star fruit to make a beautiful design
- Add to smoothies for a sweet and sour tropical taste

JICAMA

- Jicama is a great source of vitamin C (an antioxidant) and fiber that can help with digestion
- To ensure that the jicama is sweet and crisp, not too woody, choose one that is less than 5 pounds
- Peel the thick, papery skin before eating - it can be eaten raw or cooked
- Jicama does not turn brown after being cut so it can be prepared ahead of time

FUN WAYS TO EAT JICAMA

- Combine it with watermelon and lime juice for a quick and crunchy fruit salad
- Top with Tajin for a spicy snack
- Add it to a stir-fry meal - it cooks up great!
- Cut into sticks or small cubes for easy eating
- Goes well with hummus on a veggie platter

HOW DO THEY GROW?

Jicama grows in warm places and is originally from Mexico. It is a root vegetable and relative of the potato. They are most tender when harvested small but some can grow up to 50 pounds!