

Jicama in Home Food Preservation

The crisp texture and natural-color retention properties of jicama make it valuable in various home-canned products. Through the preservation process you are altering the nutritional value of raw jicama in your meals, but these condiments make nice alternatives and side dishes to jazz up your plate and palate! They are easy to prepare – novel items that add variety to any meal.

[Bread and Butter Pickled Jicama](#) – a crisp mix for those who like the flavor of a traditional bread and butter pickle. This one features cubes of jicama, sweet bell pepper, sliced onion, vinegar and spices.

[Chayote and Jicama Slaw](#) – a pickled product combining julienned strips of two exotic vegetables. Use as a topping for hot dogs or a side to grilled pork loin.



[Spicy Jicama Relish](#) – a spicy salsa-style pickled relish recipe. Diced jicama, sweet peppers, fingerhots, hot pepper flakes and pickling spices make up this unique salsa. Use on the side to add that crisp note to the menu.

References and additional information can be found at:

1. Centers for Disease Control and Prevention 5 A Day website:
<http://www.cdc.gov/nccdphp/dnpa/5aday/month/tubers.htm>
2. Schneider, Elizabeth. 1986. Jicama. *In* Uncommon Fruits and Vegetables – A Commonsense Guide. Harper and Row Publishers, New York, NY.

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