

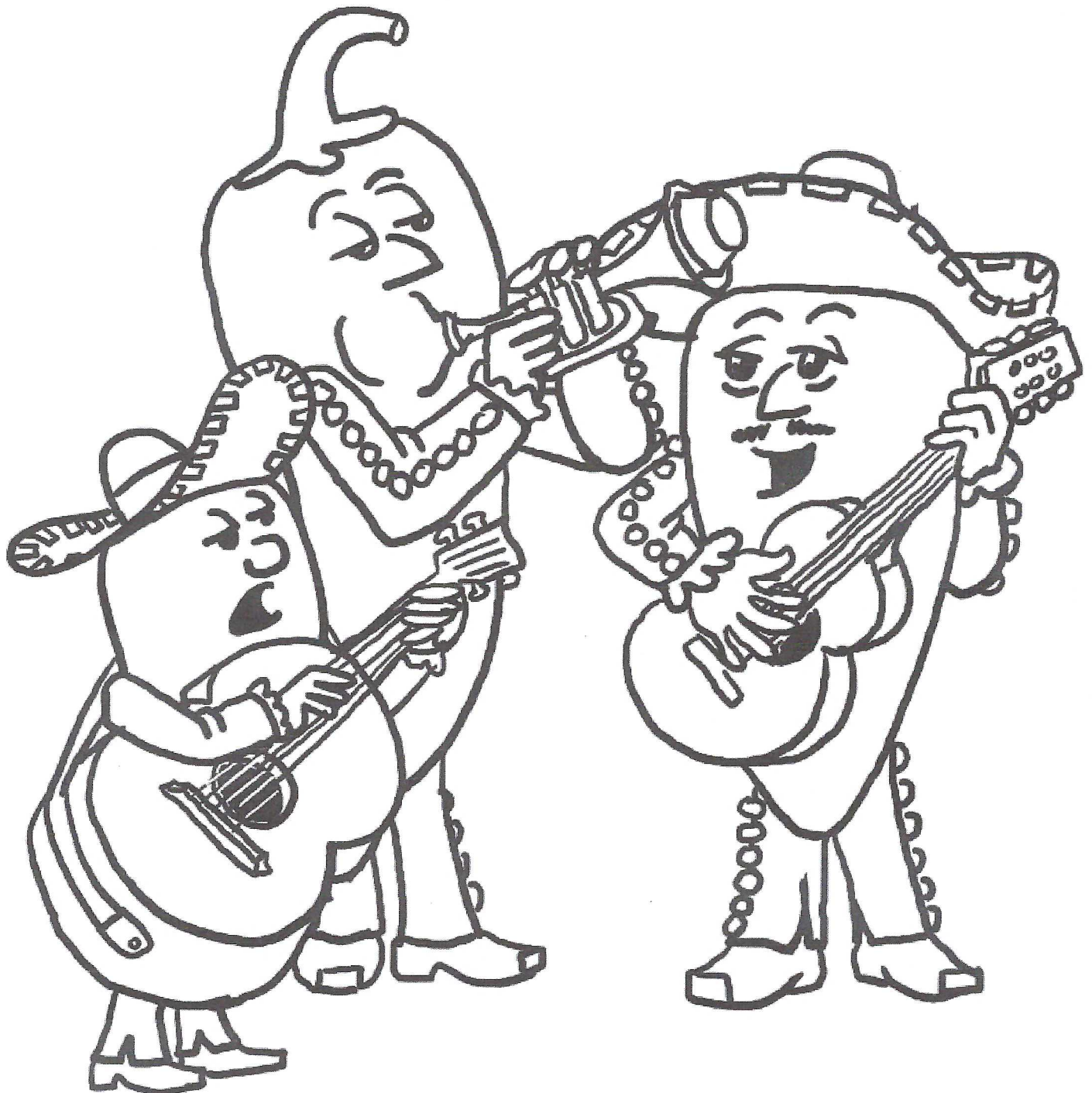
J is for Jackfruit

Would you think about eating a fruit-shaped like a football and covered with small bumps and spines? You should try jackfruit. A jackfruit is the largest fruit in the world. It can weigh up to 80 pounds and be up to three feet long. You can eat the outside, but the inside is like bananas. Jackfruit is yellow inside. It is cooked with rice or eaten raw. It is grown in Brazil and Australia. You may not find it at your local grocery store, but it can be found in Asian and Mediterranean markets.



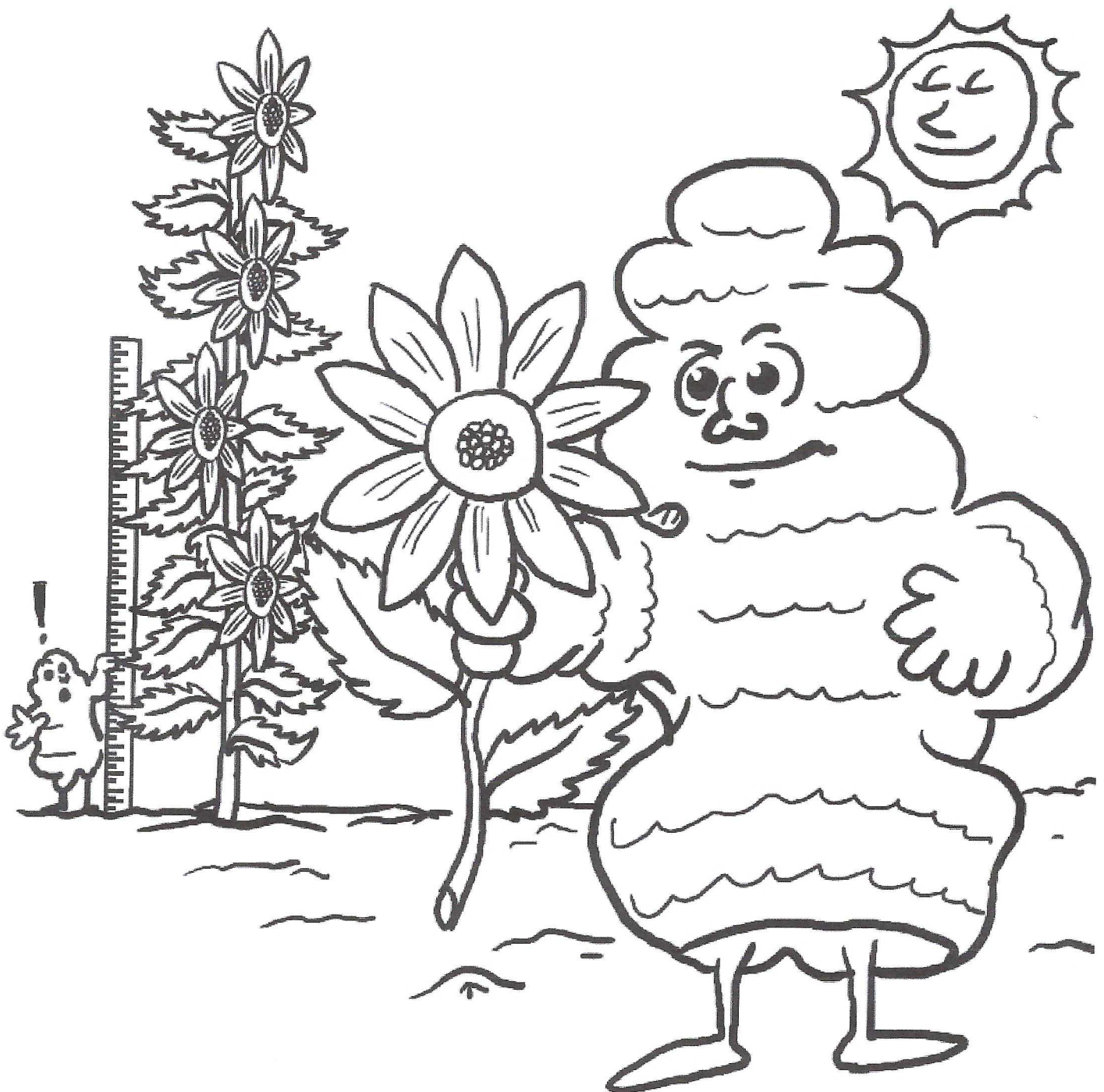
J is for Jalapeño

Jalapeño is a short pepper that is not too hot. It is green and often used in Mexican foods. They are used in salsas, salads, chili, soups, and tortilla dishes. They can be canned, sliced, and pickled.



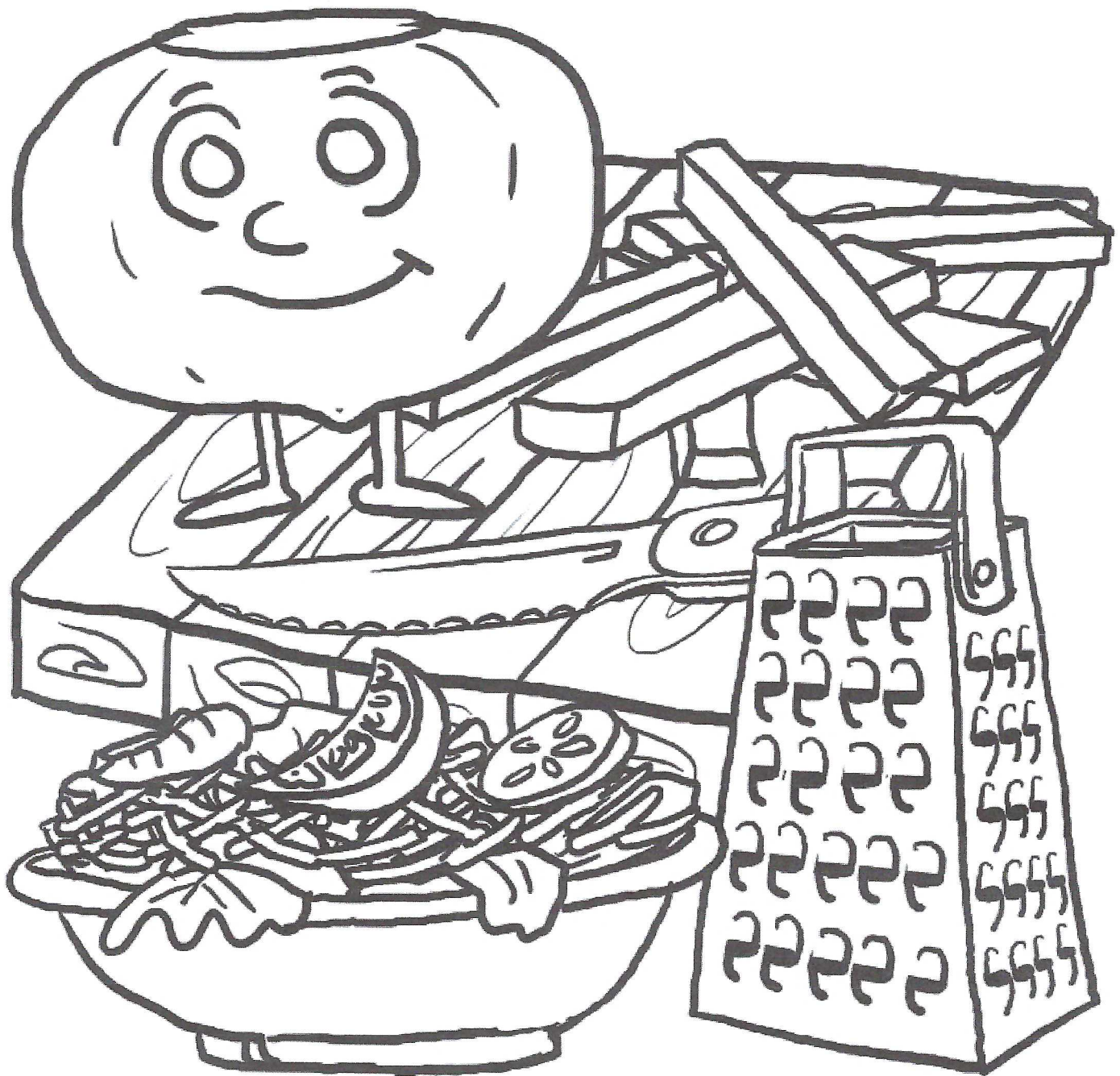
J is for Jerusalem Artichoke

The plant grows 4-6 feet tall and has small yellow flowers that look like small sunflowers. They grow wild or can be grown in a garden. They have a rough looking root that looks like a potato. The edible part is the rough looking root. They are sweet with a nut-like taste. They can be eaten raw in a salad or sliced and roasted in an oven until golden brown.



J is for Jicama

Jicama is a round root. It is used in salads or cut in the shape of French fries and eaten raw as a snack. It has many names including Mexican potato, Chinese turnip, lobok and Chinese potato. Raw Jicama tastes like a pear or apple. It is excellent as a snack or in a stir-fry dish. It looks like a large turnip.



K is for Kale

K is for kale - one of the oldest forms of cabbage. It is too bitter to eat raw and so is cooked like collards or spinach. It has a peppery flavor and jam-packed full of nutrients. Restaurants often use kale to decorate mashed potatoes, and I bet you push it aside and don't eat it.



K is for Kolrabi

Kohlrabi gets its name from the German words "Kohl" meaning cabbage and "rabi" meaning turnip. That's why it is also called the cabbage turnip. Kohlrabi is really a round swollen stem also grows leaves. It is eaten both raw and cooked after the outside skin has been peeled away. It has a unique taste of broccoli, radish and cucumber all together.

