

Treculia africana L. *The species*

Also known as:

**African
breadfruit**
or wild jackfruit

Geography

Found throughout
Africa in countries
such as Angola,
Zambia, Central African
Republic, Côte d'Ivoire
and Senegal.



African breadfruit *The seeds*



Vitamin
B1

Vitamin
A

Energy:
369 kCal
per 100g EP

Vitamin
B2

Vitamin
C

Vitamin
B3

Potassium

Calcium

Zinc

Copper

Iron



CHARACTERISTICS

Each fruit can weigh up to 8.5 kg and is a good source of potassium. In fact, a 100 g edible portion (EP) of breadfruit has 2x more potassium than the same serving of bananas.

OTHER USES

The tree's wood is suitable for pulp and paper making. In addition, the fruit, pods, seeds and bran make an excellent, nutritious livestock feed.

The tree

10-30 m



Maturity before yields
4 years

Productivity lifetime
50+ years



Seeds
used in soups,
stews, rice, maize
and yams.
made into bread,
pasta, baby food
and yield edible
oil



Kernel
preparing 'ukwa'
pudding



Fruit
made into a
non-alcoholic
beverage

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The species is **often used in soil conservation projects** because the leaves are a great source of green manure.

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The species does well in

**medium and
heavy**

soils. It is usually found
near streams or in
swampy forests at
altitudes of up to

1,500 m