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.

The tree

Maturity before yields
4 years
Productivity lifetime
50+ years

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

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.

10-30 m

1,500 m

Fruit
made into a non-alcoholic beverage

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

Kernel
preparing 'ukwa' pudding

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

African breadfruit
The seeds

Energy:
369 kCal per 100g EP

Vitamin A
Vitamin B1
Vitamin B2
Vitamin B3
Vitamin C

Potassium
Calcium
Zinc
Copper
Iron

369 kCal per 100g EP

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