

Artocarpus heterophyllus L. The species

Also known as:

Jackfruit

kanthal, nancas
and nangka

Geography

India, Malaysia, Central and Eastern Africa, the Caribbean, Florida, Brazil, Australia, Puerto Rico and many Pacific Islands.



Jackfruit The fruit

Vitamin
C

Vitamin
B₃

Vitamin
B₉

Iron

Calcium

Phosphorus

Magnesium

Energy:
91 kCal
per 100g EP

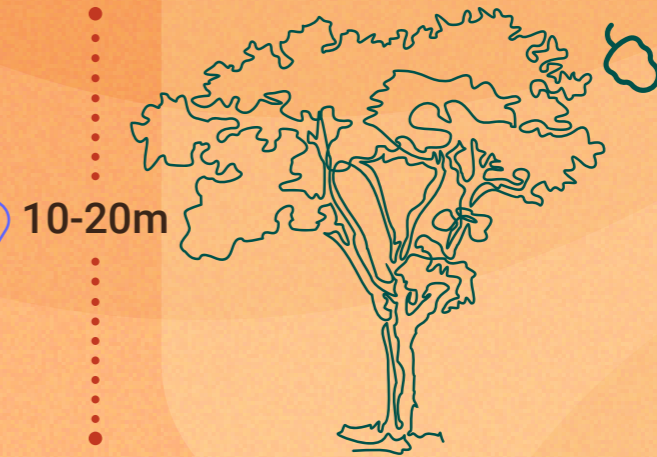
CHARACTERISTICS

A 100 g serving of jackfruit pulp contains 16% the daily recommended vitamin C intake for an adult and is a healthful source of potassium, and dietary fibre. These spiky, king-sized fruits have become increasingly popular as vegan meat substitutes.

OTHER USES

Jackfruit's medicinal properties are celebrated in Ayurveda, a traditional medicine practice originating in India. The plant is reported to possess antibacterial, anti-inflammatory, antidiabetic, antioxidant and immunomodulatory properties.

The tree



Fruit
can be harvested and consumed before ripening; at this stage, it is often eaten in savoury dishes and must be cooked. The mature fruits are processed to make juice, chutney, jam, jelly and pickles.

Maturity before yields
4-7 years

Productivity lifetime
30-60 years

Seeds
can be roasted or ground into flour to make biscuits.

Some researchers believe jackfruit could be used as a substitute for wheat, corn and other staple crops which are threatened by rising temperatures and unpredictable rainfall brought about by climate change. They have great potential to alleviate food and nutritional insecurity around the world.

Due to the excitement surrounding this widely-accessible fruit, there is interest in expanding jackfruit cultivation in

agroforestry and household farming systems

Jackfruit is currently the

national fruit of Bangladesh