

Jackfruit



The jackfruit (*Artocarpus heterophyllus*), also known as jack tree, is a species of tree in the fig, mulberry, and breadfruit family (Moraceae). Its origin is in the region between the Western Ghats of southern India, all of Sri Lanka and the rainforests of Malaysia, Indonesia, and the Philippines.

The jack tree is well-suited to tropical lowlands and is widely cultivated throughout tropical regions of the world. It bears the largest fruit of all trees, reaching as much as 55 kg (120 pounds) in weight, 90 cm (35 inches) in length, and 50 cm (20 inches) in diameter. A mature jack tree produces some 200 fruits per year, with older trees bearing up to 500 fruits in a year. The jackfruit is a multiple fruit composed of hundreds to thousands of individual flowers, and the fleshy petals of the unripe fruit are eaten. The ripe fruit is sweet (depending on variety) and is more often used for desserts. Canned green jackfruit has a mild taste and meat-like texture that lends itself to being called a "vegetable meat".

Jackfruit is commonly used in South and Southeast Asian cuisines. Both ripe and unripe fruits are consumed. The jackfruit is the national fruit of Bangladesh and Sri Lanka, and the state fruit of the Indian states of Karnataka, Kerala, and Tamil Nadu. It is available internationally canned or frozen and in chilled meals as are various products derived from the fruit such as noodles and chips.

Botanical description-

A jackfruit trees

Jackfruit tree trunk showing texture and coloration

Shape, trunk, and leaves

A Jackfruit trees

Artocarpus heterophyllus grows as an evergreen tree that has a relatively short trunk with a dense treetop. It easily reaches heights of 10 to 20 m (33 to 66 feet) and trunk diameters of 30 to 80 cm (12 to 31 inches). It sometimes forms buttress roots. The bark of the jackfruit tree is reddish-brown and smooth. In the event of injury to the bark, a milky juice is released.

The leaves are alternate and spirally arranged. They are gummy and thick and are divided into a petiole and a leaf blade. The petiole is 2.5 to 7.5 cm (1 to 3 inches) long. The leathery leaf blade is 20 to 40 cm (7 to 15 inches) long, and 7.5 to 18 cm (3 to 7 inches) wide and is oblong to ovate in shape.

In young trees, the leaf edges are irregularly lobed or split. On older trees, the leaves are rounded and dark green, with a smooth leaf margin. The leaf blade has a prominent main nerve and starting on each side six to eight lateral nerves. The stipules are egg-shaped at a length of 1.5 to 8 cm (9/16 to 3+1/8 inches)

Food-

Jackfruit in Mymensingh, Bangladesh

Ripe jackfruit is naturally sweet, with subtle pineapple- or banana-like flavor.[8] It can be used to make a variety of dishes, including custards, cakes, or mixed with shaved ice as es teler in Indonesia or halo-halo in the Philippines. For the traditional breakfast dish in southern India, idlis, the fruit is used with rice as an ingredient and jackfruit leaves are used as a wrapping for steaming. Jackfruit doses can be prepared by grinding jackfruit flesh along with the batter. Ripe jackfruit arils are sometimes seeded, fried, or freeze-dried and sold as jackfruit chips.

Nutritional value

The edible pulp is 74% water, 23% carbohydrates, 2% protein, and 1% fat. The carbohydrate component is primarily sugars and is a source of dietary fiber. In a 100-gram (3+1/2-ounce) portion, raw jackfruit provides 400 kJ (95 kcal), and is a rich source (20% or more of the Daily Value, DV) of vitamin B6 (25% DV). It contains moderate levels (10-19% DV) of vitamin C and potassium, with no significant content of other micronutrients.

Uses of jackfruit-

People eat the fruit and seeds of jackfruit tree as food or as medicine. Jackfruit is taken by mouth as an aphrodisiac or for diabetes. Jackfruit paste is applied to the skin for poisonous bites. Also, the wood of the jackfruit tree is used to make furniture or musical instruments



References-

- <https://en.wikipedia.org/wiki/Jackfruit>