

FGCU Food Forest

Plant Database

Jackfruit (*Artocarpus heterophyllus*)

Quick Facts

Origin: India; south Asia

Description: Jackfruit trees are large evergreen trees that reach 30-40 feet tall at maturity in south Florida. The fruit is a multiple fruit and is considered the largest tree-borne fruit in the world.

Uses: Food

Harvest: Summer (in Florida)

Flower: Jackfruits are monoecious; flowers are short and fat, and emerge from the trunk and large branches. Female flowers are larger than male flowers.

Tolerance: Cold tolerant; leaves will be damaged at 32°F, and tree may die if temperature drops below 28°F. Jackfruits are moderately drought and wind tolerant.



General Description: Jackfruits are tall, beautiful evergreen trees that fruit large multiple fruits that can weigh over 100 pounds when ripe. They are tropical to subtropical trees widely distributed throughout southeast Asia, and less commonly found throughout south America and southern North America (Florida). The fruit's taste is compared to Juicyfruit Bubblegum.

- **Native Origin:** India; south Asia.
- **General History** Native to India, the Jackfruit has spread throughout the Southeast Asia area, and into the tropics and subtropics of South, Central, and North America. Jackfruit is in the same family as Breadfruit (*Artocarpus altilis*), Fig (*Ficus* spp.), Mulberry (*Morus* spp.), Champedak (*A.*

integer), Kwai Muk (*A. lingnanensis*), etc. Jackfruit trees were cultivated in India between 5000-6000 years ago, although Thailand and Vietnam now lead the world in production. Jackfruits can live up to a hundred years, and there are many cultivars widely available in south Florida.

- **Distribution:** Tropical and subtropical regions in South, Central, and North America, Asia, the Pacific, and the Caribbean.
- **Season of Harvest:** Summer
- **Culinary Uses:** Jackfruits are commonly eaten as a dessert or a snack in many cultures. Jackfruits are also commonly pre-treated and dehydrated for later use, especially where abundant. The fruit's taste is comparable to Wrigley's JuicyFruit bubblegum, or a mixture of pineapple, mango, banana, and apple. The fruit is a good source of dietary fiber and is commonly used as a dessert ingredient in Vietnam, India, China, etc. In Bangladesh, unripe fruits are often used in curries, and the seeds are dried and preserved for later use. Jackfruit seeds are also a good protein source and can be baked or roasted immediately after harvest. In some parts of India, the pulps of certain varieties are ground up, made into a paste, spread thin over a mat, and allowed to dry in the sun, resulting in a natural candy. Jackfruit is also made into juice and sauces.

Jackfruit	
Scientific Classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Rosales
Family:	Moraceae
Tribe:	Artocarpeae
Genus:	<i>Artocarpus</i>
Species:	<i>A. heterophyllus</i>

Sources

<http://edis.ifas.ufl.edu/mg370>

<http://www.crfg.org/pubs/ff/jackfruit.html>

<http://www.thedailystar.net/a-poor-mans-fruit-now-a-miracle-food-41297>

<http://www.ars-grin.gov/cgi-bin/npgs/html/taxon.pl?70095>

<http://knowandenjoytropicalfruit.com/chapters/jackfruit-and-breadfruit-relatives/>