

Artocarpus heterophyllus



Artocarpus heterophyllus, commonly known as jackfruit, is a tropical tree native to southwest India.

Name of *Artocarpus heterophyllus* in Indian languages:

1. Hindi: Kathal
2. Tamil: Palaa
3. Telugu: Panasa
4. Malayalam: Chakka
5. Kannada: Halasu
6. Marathi: Phanas
7. Bengali: Kathal

TAXONOMY:

Kingdom: Plantae

Clade: Tracheophytes

Order: Rosales

Family: Moraceae

Genus: *Artocarpus*

Species: *A. heterophyllus*



USES:

1. Culinary Uses:

- **Fruit:** The ripe fruit is eaten fresh, with its sweet, aromatic flavour and fibrous texture.
- **Vegetarian Meat Substitute:** Unripe (young) jackfruit is used as a meat substitute in vegetarian and vegan dishes, especially curries and stir-fries.
- **Seeds:** Roasted jackfruit seeds are edible and can be eaten as a snack or used in cooking.

2. Traditional Medicine:

- **Digestive Health:** Jackfruit is believed to aid digestion and relieve constipation due to its fiber content.
- **Nutrient Source:** Rich in vitamins (particularly vitamin C and vitamin B6), minerals (such as potassium and magnesium), and antioxidants.
- **Anti-inflammatory:** Traditionally used for its anti-inflammatory properties.

3. Other Uses:

- **Wood:** The wood of *Artocarpus heterophyllus* is used in construction and furniture making.
- **Latex:** The latex from the tree has been historically used for caulking boats and making glue.
- **Leaves:** The leaves are used as fodder for livestock.

Characteristics Feature

- **Size:** *Artocarpus heterophyllus* is a large, evergreen tree that can reach heights of 1020 meters (3366 feet).
 - **Leaves:** The leaves are alternate, glossy, leathery, and variable in shape, with elliptical to oblonglanceolate leaf blades.
 - **Flowers:** The flowers are small and greenish, borne in dense inflorescences (flower spikes) directly on the trunk and older branches.
 - **Fruits:** The fruit is the largest tree borne fruit, typically weighing 330 kg (6.666.1 lbs) and can reach up to 90 cm (35 inches) in length. It has a spiky, greenish yellow or yellow brown exterior when ripe, and the flesh is composed of numerous yellow orange edible bulbs (arils) around large seeds.
 - **Growth:** Jackfruit trees prefer well drained, fertile soils and tropical or subtropical climates. They require ample sunlight and regular watering.
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