

Jackfruit

The jack tree, (*Artocarpus heterophyllus* Lam.) is a vegetable species belonging to the moraceae family. It is native to Indonesia, although it is also believed to have originated in India. Also, in Asia is the greatest genetic diversity among the thousands of islands, according to many researchers in botany and genetic dispersion. It is also distributed in South and Southeast Asia. This tree produces the national fruit of Bangladesh and Indonesia. It has great similarities to the breadfruit tree, which is native to Indonesia and Melanesia.

The interior of the fruit is yellow to orange, similar to the mango. Its juice is slightly acidic and deeply sweet, with a flavor that reminds the mixture of mango with orange in addition to other flavors such as banana, apple, sour-sop, papaya, pineapple, although it has an authentic flavor. Because of this peculiar mix of flavors it is known by locals in Latin America as the fruit with the flavor of all fruits.

Growing season: February – July: High
August – September: Medium
October – January: Low

Uses: Source of protein and antioxidants
Can be consumed green, ripe, fried, boiled
Food
Drinks



Packing: Cardbox