

Introduction:-

Artocarpus heterophyllus Lam. belongs to the family Moraceae and is known by various names in different countries, but is popularly known as jackfruit or Ceylon jak. It is the national fruit of Bangladesh.

Jackfruits are abundantly available particularly in Dimapur district. Though there are plenty, their uses are not much known except few people use it as pickle preparation and in the form of vegetables when tender. Consuming ripe fruit is also very less. Hence, most of the fruits are been wasted or fed to cattle's. In some part of India it is known as poor man's food.

Uses:

1. Tender jackfruits are used as vegetables and also for making pickles.
2. Matured but unripe fruits (bulbs) can be made chips.
3. The seeds can be used as vegetables or ground into flour which can be blended with wheat flour for making chapattis.
4. The skin of the fruits and its leaves are excellent cattle food.
5. It is a good source of pectin which is used in making jam and jelly.
6. Its timber is valued for furniture making, since it is rarely attacked by white ants.
7. The jackfruit canopy provides perennial cover to the soil, acting as a shade tree and absorbing the impact of rain on the soil.

8. Soil fertility is improved if fallen leaves are allowed to rot and incorporated in to the soil.
9. The action of roots particularly taproots growing into soil benefits soil structure byreducing compaction, and facilitate soil conservation.

Nutritive value:

Both tender and ripe fruits and the seeds are rich in minerals and vitamins. Ripe fruits are rich in vitamin A, which maintain good vision. Vitamin B complex helps converts food into energy. Iron, is present in blood, which is involved in the movement of oxygen through the body. The nutritive value of jackfruit is given below.

Nutritive value of jackfruit per 100 g edible portion:

Constituents	Pulp		Mature Seed
	Tender	Ripe	
Moisture (%)	84.0	77.2	64.5
Carbohydrate (g)	9.4	18.9	25.8
Protein (g)	2.6	1.9	6.6
Fat (g)	0.3	0.1	0.4
Fibre (g)	4.4	1.1	1.3
Total mineral matter (g)	0.9	0.8	1.2
Calcium (mg)	50.1	20.0	21.0
Phosphorus (mg)	97.0	30.0	28.0
Iron (mg)	1.5	500.1	0.8
Potassium	206.0	350.0	246.0

(mg)			
Vitamin A (IU)	0.0	540.0	17.0
Thiamin (mg)	0.2	30.0	0.2
Riboflavin (mg)	0.1	0.1	0.1
Nicotinic Acid (mg)	0.2	0.4	0.3
Vitamin C (mg)	11.0	7.0	11.0
Calorific value	50.0	84.0	139.0

A number of products can be prepared from unripe and ripe fruits including powder, pickles, nectar, jelly, canned bulbs, leather, chips etc. Jackfruit chips are one of the easiest methods which can generate income to the family with less expenditure and also save from wastage

Jackfruit chips preparation

Method:

1. Select fully matured but unripe fruits.
2. Remove the pulpy fruit (bulb) and cut into fine slices discarding the seed. (Seed can be use as vegetable)



3. Sprinkle a little salt to the cut slices and immediately fry to golden brown either in refined oil or in coconut oil.
4. The fries are spread and allowed to cool.
5. Pack in a polythene packet or in air tight container which can stay for many days.



6. For use, one can also garnish by sprinkling a little black pepper powder on the chips.

Jackfruit pickle

Ingredients:-

Jackfruit pieces	1 kg
Salt	100 g
Red chilli powder	15 gm
Cumin (Jeera), cardamom (large), black pepper, aniseed (saunf)	10 g each (powdered)
Onion (chopped)	50 g
Clove (headless)	8 nos.
Vinegar	150 ml
Mustard oil	350 ml

Method:

1. Select small mature fruit and wash them.
2. Peel the fruit and cut into a suitable sized pieces.

3. Steep or soak in 10% salt solution overnight.
4. Drain off the brine and let the cut pieces dry for some time.
5. Fry all the spices in oil, add the fruit pieces and fry for 5 minutes. Lastly add vinegar.
6. Remove from fire and cool.
7. Pack in jars and keep in the sun for a week



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Value Addition in Jackfruit *(Artocarpus heterophyllus Lamk.)*



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