Jackfruit

What Am I?

Jackfruit is an exotic fruit with a yellow or green, spikey rind. The inside flesh is yellow and sweet with a slight peach or pear-like flavor. The texture resembles applesauce or an overripe banana.

How Do I Grow?

- Jackfruit is the largest fruit grown on a tree.
- It takes 5-7 years before a tree will produce fruit.
- Jackfruit trees will produce 150-200 fruits per year.
- The fruit is picked in the summer and fall before they fall off the tree.

Nutrition

Unlike most fruit, jackfruit contains protein, which aids in growth and helps you feel full.

Fun Facts

- Some jackfruit can weight over 100 pounds.
- The tree bark on jackfruit trees has an orange color which is used to dye monks' robes.
- Some people use jackfruit as a meat substitute.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent