

vedanta

A pleasant surprise indeed to see an article on jackfruit! And the observation that it's potential is not being fully used in India is very true. Tropical fruits are one of the best foods, and I remember eating plenty of them in childhood. Berries, cherries, jackfruits, mangos, guava and lots of local varieties (I don't know their English name or if they have one!). Unfortunately since the last few decades, along with the onslaught of Pepsi, pizza, burgers etc, the mindset that eating local food (that includes fruits too) is below status, started to set in. Now we see exotic kiwifruits, golden apples, Chinese papaya, hybrid giant size castor fruits etc sold at very high prices being bought by rich and also by middle class as part of the new health food fad. Most of this stuff do not grow here, is imported and stored in godowns for long time. If we go by the age old advise of eating what is regional and seasonal (and therefore fresh), they may be creating more harm than good. I belong to the western coastal region of India where jackfruits are abundant. People used to preserve the fruit by making candy like stuff after crushing, adding sugar and drying the paste in hot tropical sun. It is a good sign that there is increased awareness about such foods and efforts are being made to reintroduce them in the local food chain. Sites like this has played a major role in bringing this welcoming change world over.

Posted On 04/10/2017

akunju

I am from Kerala in India too, and my poor mother would faint if she heard about jackfruits being wasted. She loves eating them, much more than I do, and our house is named after this fruit because we have so many trees. I'm guessing this fruit doesn't grow in Mexico or Hawaii, so it's not popular in the US. I don't see it Whole Foods here but i see it in the Indian shops, especially South Indian. I've not heard of it being a low-status food. So what is high-status, pizza, wine, pasta?

Posted On 04/10/2017

Krofter

Thirty three years ago when I lived on the Big Island of Hawaii I would seek out a couple of wild jack fruit trees in the forest. Not easy to obtain but well worth the effort. Those trees were growing in forest duff 2 to 3 feet thick. Below that was mineral rich volcanic soil. Wow, those were really good fruit!

Posted On 04/10/2017

RaajSingha

True, jackfruit is an underutilized crop in India. However, this cannot be said about the eastern part of the country where it is a very popular and also one of the most loved fruits. In the north-eastern states (geographically near Bangladesh) jackfruit grows plentiful. Very true to say," jackfruit is a nutritional boon.....". As a child, during the summer vacations in the village, I remember, after a hard day at the fields the farmhands would request my grandfather to allow them to pluck the ripe ones. The fruits are real hefty 5-10 Kgs. One ripe fruit would make a whole days meal for the farmhand (mostly muslims with uncontrolled population) and his family of 10 children. Even today, its enough to run the knife through a ripe one and the "strong, sweet, fruity scent" starts wafting in the air sending an open invitation to all in the neighbourhood whoever would care to enjoy a feast. Jackfruit is more fruit in a fruit. Its big, it has a rich, sweet scent (somewhat like a mix of banana and mango) it is sweeter than apples and even bananas, its juicy as well. Summer ahead, in the next 2 months it will be time to enjoy the big, ripe succulent jackfruits.

Posted On 04/10/2017

remitrom

I have seen jackfruit in my local grocery store a few times each year for the past 5 years and I am intrigued but so far have not wanted to invest the time in buying and figuring what the heck to do with it! The ones in the store looks like the picture about except it is brown. Does that mean it is ripe? If it is still there on my next weekly shopping trip, I will take a chance and try it!

Posted On 04/10/2017

rubylaverne

Amazon EXPENSIVE Fresh Whole Jackfruit (One Fruit 5-7 Lbs) by Tropical Importers \$ 78. 98
(\$15.80/pound)

Posted On 04/10/2017

grulla

Every now 'n then, we read about a commonly available, healthy commodity that is poo pooed because it is so commonly abundant, usually in the wild. In India, it appears to be the SE Asian Jack Fruit. Sound familiar, such as "invasive" Asian Carp or the Indiana Banana paw paw fruit? Sounds like big pharma ridiculing alternative remedies, calling them "poor man's" products, for the simple reason that there's no money in it. Gotta have those middlemen to "justify" and adulterate a naturally fine, available, healthy product, sarc. :-)

www.businessinsider.com/this-miracle-fruit-tastes-like-pulled-pork-201..

Posted On 04/10/2017

lanmatp

Many people stay away from this fruit as they believe it is high in calories and carbohydrates but its not true, jackfruit are rich in protein, starch, calcium, vitamins A,B,C, cooper and potassium. Contrary to this, jackfruit can be eaten by those trying to lose weight simply because it helps you keep energised and full for longer. Besides, it helps provide antioxidants such as vitamin C, flavanoids, phytonutrients and potassium, which boost skin and immune function.

In one study, the extracts of jackfruit significantly improved glucose tolerance in both normal and diabetic patients.

Consumption of mature unripe jackfruit can reduce insulin dependency on patients due to:

1. Low glyceimic index
2. High dietary fiber especially insoluble fiber
3. Possible to eat large quantity as a meal and satiate a hungry diabetic patient

In addition jackfruit is Gluten Free and can be a silver bullet for diabetic patients with Gluten allergy

uniquefacts.net/health/jackfruit-leaves-super-anti-diabetes-plant/

cure diabetes with tea made from jackfruit leaves?

www.youtube.com/watch

Posted On 04/12/2017

firefly57

As this is related to the mulberry and fig, it's probably high in oxalates, which would rule out me ever getting one, as they are so big. Good info for those who don't have a problem with oxalates, though.

Posted On 04/24/2024

Poloman1

There! I believe I may have found the answer I was looking for as to why I was allergic to jackfruit. Most likely, my body was reacting to the oxalates, something I haven't been paying attention to. I now have to increase my awareness of oxalates as I may be more sensitive to them than I realize. Thank you.

Posted On 04/24/2024

quiltingmatilda

If you live in a metropolitan area that has Vietnamese and Korean markets, they sell it there. They will divide up the big fruits and sell the bulbs on foam trays, wrapped in plastic.

Posted On 04/24/2024

Guillermou

Jackfruit could be considered a functional food because it has valuable compounds in different parts of the fruit that show functional properties and medicinal effects. The very concept of food is changing from a past emphasis on maintaining health to the promising use of food to promote better health to prevent chronic diseases. "Functional foods" are those that provide more than just nutrition; They provide an additional physiological benefit to the consumer. Jackfruit is the largest edible fruit in the world. Jackfruit is rich in nutrients including carbohydrates, proteins, vitamins, minerals and phytochemicals.

Both the seeds and pulp of jackfruit are consumed as curries and boiled forms, while the pulp in fully ripened state can be eaten directly as fruit. Several countries have developed different food products such as jams, jellies, marmalades and ice creams using Jackfruit puree. The various parts of the tree, including fruits, leaves and bark, have been widely used in traditional medicine due to their anti-cancer, anti-microbial, anti-fungal, anti-inflammatory and antimicrobial properties. wound healing and hypoglycemic effects. Jackfruit contains flavonoids that are effective in inhibiting the release of inflammatory mediators from mast cells, neutrophils and macrophages.

Phytonutrients such as lignans, isoflavones and saponins in jackfruit contribute to its anti-cancer, anti-hypertensive, anti-ulcer and anti-aging, anti-microbial, antioxidant, anti-diabetic, anti-inflammatory, immunomodulatory, antiviral, anthelmintic, healing and antineoplastic activities, prevent cell formation cancerous in the body and fight against stomach ulcers. Clinical studies reveal that the leaves have antidiabetic action in healthy and insulin-dependent diabetic individuals.

Posted On 04/24/2024

Guillermou

Jackfruit contains a variety of minerals detailed in Table 3 in the last link. The seeds contain jacalin which is useful in assessing the immune status of patients with human immunodeficiency virus infection [Figure 2]. The seeds have antioxidant properties, fight inflammation, malaria and skin conditions, and have also demonstrated antibacterial and anthelmintic properties. The leaves of the tree are frequently used to treat ulcers. Due to the presence of hypoglycemic and hypolipidemic chemicals, its leaves have the ability to cure diabetes mellitus. The phytonutrients present in jackfruit seeds, such as lignans, isoflavones, and saponins, have a variety of health benefits, including the ability to fight cancer and hypertension, as well as prevent aging and disease.

Jackfruit has compounds with chemoprotective properties to reduce the mutagenicity of aflatoxin B1 (AFB1) and the proliferation of cancer cells and the pulp of Jackfruit contains compounds that can be an effective aid in preventing or treating cancer. Jackfruit has compounds such as morine, dihydromorine, cinomacurin, artocarpine, isoartocarpine, cyloartocarpine, artocarpesin, oxydihydroartocarpesin, artocarpetine, norarthocarpetine, cycloartinone, betulinic acid, artocarpanone and heterophyllol that are useful in fever, boils, wounds, skin diseases, convulsions.

, diuretic, constipation, ophthalmic disorders, snake bite, etc. www.hindawi.com/.../4327183 (2018).--
--- www.tandfonline.com/.../10408398.2022.2031094 (2022).----- sciforum.net/.../12963 (2022).----
justagriculture.in/.../30.pdf (2022).--- www.tandfonline.com/.../10408398.2022.2031094 (2023).--
www.ajol.info/.../267808 (2024).--
journals.lww.com/jehp/fulltext/2023/10310/efficacy_of_jackfruit_compon.. (2023).--

Posted On 04/24/2024

sss7457

Perhaps j-frt is shunned bc of its family tree; sister mulberries r also judged as nasty food only fit 4birds & the poor. It's a shame. I'm a berry connoisseur & hv taken up my pen 2save local park mulb trees slated 4sawing. Tho I hv consumed some insipid fruit too, probably subject 2sprays or local pollution, esp near roads. I taught a local temporarily-strapped-for-cash Music Prof w an income 30Xs mine the ins & outs of foraging, incl the joy of it, the economy & the flavor. Later I was dismayed when he implied this act was a shameful embarrassment, ie only tolerated by poor people out of necessity & something 2shun or do in secret or rarely if u had plenty of money. I kept mum. Sometimes a student tho a teacher to others isn't ready for other teaching. We know most food we can buy is not healthy nor tasty but adulterated. If the food flavor itself can't educate a person via their palate, their ears likely r nt ready 4education either.

Posted On 04/24/2024

DebbyW

sss, keep trying with other people. When I'm hiking and I find raspberries, black raspberries, and blackberries, I'm ecstatic. I love these and they're so expensive in the grocery store. They are so delicious right off the branch. I keep a small bag with me, just in case, and pick all I can find. My husband won't eat them because the seeds get stuck in his teeth, but if he's hiking alone and comes across them, he'll pick them for me.

Posted On 04/24/2024

grulla

Hi "DebbyW", You bring back good memories for me, as back in the 80s when I used to do railroad telecom, open wire poleline maintenance and repairs on the PA-NY border, Delaware (River) subdivision, I would feast on those wild berries that you describe...mmmm yummy!!

Posted On 04/24/2024

Tripper

I buy organic canned jackfruit red curry flavor and fold it in corn tortillas with romaine lettuce, onion, and tomato. All organic ingredients and it tastes very good.

Posted On 04/25/2024

Poloman1

I was in Asia a few years ago. I was fascinated by this big fruit. I tried it, like it, but was slightly allergic to it. Not sure why. I haven't tried it since.

Posted On 04/24/2024

sue2613

I have tried cooking with Jackfruit, but I am not that good at it, and I have not found that many good recipes. I bought canned Jackfruit, but it needed a lot more seasoning.

Posted On 04/24/2024

sue2613

The sad thing is that since fresh jackfruit does not last that long when it becomes more popular will it be treated with chemicals to last longer?

Posted On 04/24/2024

sue2613

Since it has become more popular, I found many more jackfruit recipes online. I will give it another try.

Posted On 04/24/2024
