

JACKFRUIT

Plant Traits

Plant Type	The tree is generally tall with evergreen, alternate, glossy, and somewhat leathery leaves. Produces fruit that is round, oblong in shape. The exterior of the fruit is green or yellow when ripe and composed of numerous hard, cone-like points attached to a thick, rubbery, pale yellow or whitish wall. All parts contain a sticky, white latex substance.
Size	The tree grows to about 30-70ft tall; Fruit can range from 8in. To 3 feet long and 6 to 20in. wide.
Spacing	25 to 30 feet apart
Bloom Time	150 to 180 days
Flower Color	Orange
Root Depth	18 to 24 inches
Pests	<i>(Elaphidion mucronatum, Nyssodrysin haldemani, Leptostylopsis terraecolor)</i> . Various scales such as the lesser snow scale (<i>Pinnaspis strachani</i>), coconut scale (<i>Aspidiotus destructor</i>), mango shield scale (<i>Protopulvinaria mangiferae</i>), pyriform scale (<i>Protopulvinaria pyrifomis</i>), and mealybugs may attack stems and fruit..
Diseases	Male flowers and fruit may be attacked by <i>Rhizopus</i> fruit rot (<i>Rhizopus artocarp</i>) and fruit by gray mold (<i>Botrytis cinerea</i>). Trees are susceptible to root rot (<i>Pythium splendens, Phytophthora</i> sp., <i>Fusarium</i> sp., <i>Rhizoctonia</i> sp.) especially when subjected to flooding. Several fungi (i.e., <i>Gloeosporium</i> sp., <i>Phyllosticta</i>

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Plant Care

Light	Full sun
Soil	Moist, well drained Soil pH: acidic, neutral, alkaline
Support	Not applicable
Water	Water consistently to avoid dry outs.
Fertilizer	30 grams of fertilizer which has nitrogen, phosphorus, potassium and magnesium in the ratios of 8:4:2:1.

Recipe

Vegan Nachos with BBQ Jackfruit



Ingredients:

- Bag of your favorite Tortilla Chip
- 1 Cup Nacho Sauce
- 2 20 Ounce Can Green Jackfruit in

water

- 1 Cup Barbecue Sauce
- 1 Cup Water
- Nacho toppings
- Black Beans
- Jalapeno
- Avocado
- Red Onion
- Cilantro
- Salsa
- Lime

Directions:

1. Rinse jackfruit very well and remove seed pods.
2. Chop the jackfruit, mostly chopping the harder core.
3. Add jackfruit, BBQ sauce, and 1 cup water to a cast iron pan, other oven safe pan, or a small pot.
4. Simmer on low for 25 to 35 minutes until most of the liquid is gone.

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5. Optional step for a drier crispier jackfruit. Heat oven to 425 degrees fahrenheit.
6. Place pan of jackfruit in oven and bake for 15 minutes. If using a pot that is not oven safe, transfer jackfruit to an oven safe pan and bake for 15 minutes.
7. Place tortilla chips on a large plate or platter and pour nacho sauce over the top. Sprinkle BBQ Jackfruit, and all other nacho toppings.
8. Add more nacho sauce!
9. Enjoy!

Sources

Plant information:

1. <https://www.medicalnewstoday.com/articles/324787#nutritional-content>
2. https://www.hort.purdue.edu/newcrop/morton/jackfruit_ars.html#Description
3. <https://edis.ifas.ufl.edu/publication/MG370>
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5. <https://health.clevelandclinic.org/what-is-jackfruit-and-is-it-healthy/>
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6339770/>
7. <https://green-shack.com/how-to-grow-jackfruit-from-seed/>
8. <https://gardeningtips.in/growing-jackfruit-from-seed-panasa-a-full-guide#:~:text=Transplantation%20of%20your%20Jackfruit%20tree%3A%201%20The%20young,trees%20present%20in%20your%20gar den.%20...%20More%20items>
9. <https://blog.aghires.com/15-jackfruit-facts/>

Recipe:

1. <https://www.doradaily.com/my-blog/2016/08/vegan-nachos-barbecue-jackfruit.html>