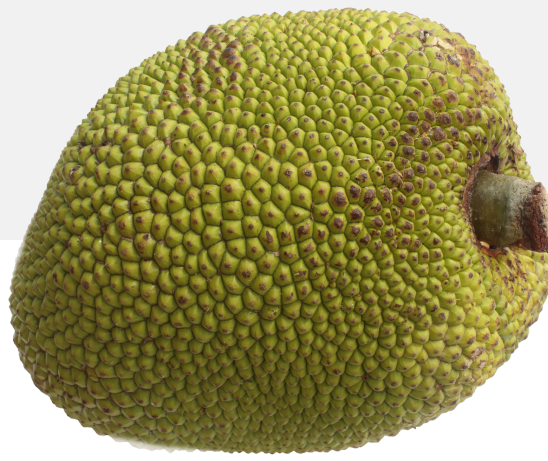


# JACKFRUIT



*The Jackfruit is native to India. It belongs to the same family as the breadfruit. It is cultivated in tropical regions and is the largest fruit growing on a fruit tree. It can weigh up to 45 kilos.*

## AVAILABILITY AND PROVENANCE

### ✓ PROVENANCE

MEXICO

JANUARY

FEBUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

**TARGET CUSTOMER: INDIAN & ASIAN**

## OPTIMAL TEMPERATURE FOR CONSERVATION

11 - 13 °C

## PURCHASE GUIDE

Choose a heavy fruit with greenish-yellow skin that is slightly soft when pressed. A sweet aroma is a sign of ripeness. Avoid fruits that are too soft, cracked, or have a strong fermented smell.

## CONSUMPTION

The Jackfruit can be consumed in several ways. When it is ripe it is eaten raw or cooked, in jam, cakes or as candied fruit. It is often used to replace pork in vegan dishes. Make yourself a jackfruit sandwich!

## NUTRITIONAL VALUE

The Jackfruit is very nutritious. In developing countries, it is a good source of food. The edible pulp consists of 74% water. It is rich in potassium, vitamin B and protein.

