

Jackfruit

Look: The rind of a jackfruit will change from bright green to dull yellow as it ripens. Inside are bright yellow triangular bulbs that make up the edible part of the jackfruit.

Taste: Younger jackfruit have a sweet aroma, but overripe fruit has an off-putting aroma. The jackfruit is sweet and similar to a banana or pineapple.

Touch: Young jackfruit is crisp and crunchy and mature jackfruit is much softer and almost custard like.



Jackfruits can grow as big as a basketball and weigh anywhere from 10-50 pounds!



Did you know?

Jackfruit have 100-500 edible brown seeds within the fruit!



Health Benefits

- Supports heart health by regulating blood pressure and cholesterol
- improves immune function
- Aids in digestion
- Promotes healthy skin
- Provides an energy boost
- Helps prevents certain chronic diseases and inflammation.