

# ***Artocarpus heterophyllus Lam., 1789***

## **(Jacquier)**

**Identifiants : 3315/arthat**

**Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)**

**Fiche réalisée par Patrick Le Ménahèze**

**Dernière modification le 10/05/2024**

- **Classification phylogénétique :**

- *Clade : Angiospermes* ;
- *Clade : Dicotylédones vraies* ;
- *Clade : Rosidées* ;
- *Clade : Fabidées* ;
- *Ordre : Rosales* ;
- *Famille : Moraceae* ;

- **Classification/taxinomie traditionnelle :**

- *Règne : Plantae* ;
- *Division : Magnoliophyta* ;
- *Classe : Magnoliopsida* ;
- *Ordre : Rosales* ;
- *Famille : Moraceae* ;
- *Tribu : Artocarpeae* ;
- *Genre : Artocarpus* ;

- **Synonymes :** *x (=) basionym, Artocarpus brasiliensis Ortega 1812, Artocarpus brasiliensis Gomez, Artocarpus maximus Blanco 1837, Artocarpus integer auct. (synonyme selon GRIN), Artocarpus integrifolius auct. (synonyme, selon GRIN), Artocarpus nanca Noronha 1790 (synonyme mais synonyme mais nom invalide selon TPL), Artocarpus philippensis Lam. 1789* ;

- **Synonymes français :** jaquier, pomme de jacque {fruit}, jacque {fruit}, jaque {fruit} ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** jack, jackfruit (jack fruit), jak , jack (br), bo luo mi (cn transcript), Jackfruchtbaum (de), Nangka (de), nathal (id), jaca (pt), jaqueira (pt,br), arbol del pan (es), jaca (es), jaqueiro (es), jackfrukt (sv) ;

- **Rusticité (résistance face au froid/gel) :** -3/-3,5/-4°C ;



- **Note comestibilité :** \*\*\*\*

- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :**

*Fruit (fruits<sup>2(+),27(+x),65(+x)</sup> (périanthes) immatures (pulpe et graines) cuits (bouillis)<sup>65(+x)</sup> [nourriture/aliment<sup>65(+x)</sup> (légume<sup>65(+x)</sup>) et/ou assaisonnement<sup>(dp\*)</sup> {soupes, currys, marinades, conserves, confits, vinaigre, épices}] ou mûrs<sup>65(+x)</sup> crus<sup>65(+x)</sup> (pulpe<sup>(dp\*)</sup>) [nourriture/aliment<sup>65(+x)</sup> : fruit<sup>(dp\*)</sup>] ; et graines<sup>2(+),27(+x)</sup> crues<sup>65(+x)</sup> ou cuites<sup>(dp\*)</sup> (bouillies ou torréfiées/grillées<sup>27(+x),65(+x)</sup>) [nourriture/aliment<sup>65(+x)</sup> : chataigne<sup>65(+x),farine<sup>27(+x)</sup></sup>*) comestible.

**Détails :**

*Fruit - cru (brut)<sup>65(+x)</sup> ; plante importante localement ; cultivée<sup>65(+x)</sup>. En Inde et au Sri Lanka, le jaque jeune et vert est pelé, coupé et mariné dans la saumure puis ajouté au vinaigre et aux épices. Cuits, il est savouré dans les cuisines de l'Inde, du Sri Lanka, du Bangladesh, de la Malaisie, de l'Indonésie, du Vietnam et du Cambodge<sup>65(+x)</sup>.*

*La chair des fruits mûrs peut être consommée crue. Les fruits non mûrs peuvent être cuits et consommés comme légume. Ils sont frits dans des currys, conservés au sirop, séchés, cuits au lait ou transformés en boissons alcoolisées. Attention : l'alcool est une cause de cancer. Les fruits non mûrs sont marinés. Les graines (5%) peuvent être grillées et consommées.*

Ils sont également bouillis. (Certains types ont plus de graines) . . . x000B\_Les jeunes feuilles et fleurs sont comestibles. Ils sont consommés mélangés avec des piments, de la pâte de poisson, du sucre, du sel, etc

Partie testée : fruits crus{{(0(+x)) (traduction automatique)}

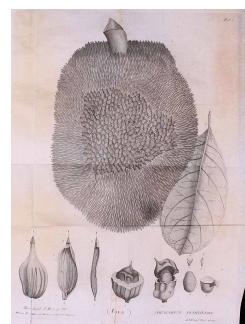
Original : Fruit raw{{(0(+x))

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
74.5	395	94	1.5	30	6.7	0.6	0.4



néant, inconnus ou indéterminés.néant, inconnus ou indéterminés.

- Illustration(s) (photographie(s) et/ou dessin(s)):



Par Memorias de Academia Real das Sciencias de Lisboa (1854-1914) Mem. Acad. Real Sci. Lisboa, 2 Cl. Sci. Moraes vol. 3 , via plantillustrations

- Petite histoire-géo :

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

De plus en plus important dans certaines régions de Papouasie-Nouvelle-Guinée, comme le Sepik. Actuellement, seules les graines sont consommées. Dans certaines régions du Bangladesh, c'est un aliment très important{{(0(+x)) (traduction automatique)}.

Original : Gaining importance in some areas of Papua New Guinea, such as the Sepik. At present it is mainly only the seeds that are eaten. In some areas of Bangladesh it is a very important food{{(0(+x))}.

- Distribution :

Une plante tropicale. Il pousse dans les basses terres tropicales et jusqu'à environ 1200 m d'altitude. Il pousse au Népal jusqu'à 800 m d'altitude. Il peut supporter une certaine sécheresse, mais pas une saturation en eau. Les arbres font mieux là où il y a des précipitations toute l'année. Une pluviométrie annuelle comprise entre 1 000 et 2 400 mm est la meilleure. Il donne mal là où l'humidité est faible. Il fait mieux dans un endroit bien drainé, à l'abri du gel, chaud et ensoleillé. Ils sont légèrement plus tolérants au froid que les fruits à pain. Il convient aux zones avec une plage de température de 22 à 35 °C. Les arbres peuvent survivre à des gelées occasionnelles jusqu'à 0 °C. Il est préférable avec un pH de 6-6,5. Ils ont une certaine tolérance au vent et au sel. Il pousse entre 25 °N et 30 °S. Dans XTBG Yunnan. Il convient aux zones de rusticité 10-12{{(0(+x)) (traduction automatique)}.

Original : A tropical plant. It grows in the tropical lowlands and up to about 1200 m altitude. It grows in Nepal up to 800 m altitude. It can stand some drought, but not water-logging. Trees do best where there is year round rainfall. An annual rainfall between 1,000-2,400 mm is best. It yields poorly where humidity is low. It does best in a well drained, frost-free location that is warm and sunny. They are slightly more tolerant of cold than breadfruit. It suits areas with a temperature range 22-35°C. Trees can survive occasional frosts down to 0°C. It is best with a pH of 6-6.5. They have some wind and salt tolerance. It grows between 25°N and 30°S. In XTBG Yunnan. It suits hardiness zones 10-12{{(0(+x))}.

- Localisation :

*Afrique, Andamans, Asie, Australie, Bangladesh, Bhoutan, Brésil, Cambodge, Cameroun, Caraïbes, Afrique centrale, Amérique centrale, Chine, République démocratique du Congo, îles Cook, Cuba, Dominique, République dominicaine, Afrique de l'Est, Timor oriental, Fidji, Ghana, Guam, Guyanes, Guinée-Bissau, Guyane, Haïti, Himalaya, Inde\*, Indochine, Indonésie, Jamaïque, Kiribati, Laos, Madagascar, Malaisie, Maldives, Maurice, Mozambique, Myanmar, Nauru, Népal, Inde du Nord-Est, Amérique du Nord, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Philippines, Pohnpei, Porto Rico, Samoa, Sao Tomé-et-Principe, Arabie saoudite, Asie du Sud-Est, Sierra Leone, Sikkim, Singapour, îles Salomon, Amérique du Sud, Afrique australe, Sri Lanka, Suriname, Tanzanie, Thaïlande, Timor-Leste, Ouganda, USA, Vanuatu, Vietnam, Afrique de l'Ouest, Antilles<sup>(((0+x)) (traduction automatique)</sup>.*

*Original : Africa, Andamans, Asia, Australia, Bangladesh, Bhutan, Brazil, Cambodia, Cameroon, Caribbean, Central Africa, Central America, China, Congo DR, Cook Islands, Cuba, Dominica, Dominican Republic, East Africa, East Timor, Fiji, Ghana, Guam, Guianas, Guinée-Bissau, Guyana, Haiti, Himalayas, India\*, Indochina, Indonesia, Jamaica, Kiribati, Laos, Madagascar, Malaysia, Maldives, Mauritius, Mozambique, Myanmar, Nauru, Nepal, Northeastern India, North America, Pacific, Pakistan, Papua New Guinea, PNG, Philippines, Pohnpei, Puerto Rico, Samoa, Sao Tome and Principe, Saudi Arabia, SE Asia, Sierra Leone, Sikkim, Singapore, Solomon Islands, South America, Southern Africa, Sri Lanka, Suriname, Tanzania, Thailand, Timor-Leste, Uganda, USA, Vanuatu, Vietnam, West Africa, West Indies<sup>(((0+x)) (traduction automatique)</sup>.*

- Notes :

*Le bois de jacquier est un bois utile. Il existe environ 50 espèces d'Artocarpus. Ils se trouvent dans les régions tropicales et subtropicales d'Asie et du Pacifique. Il a peut-être des propriétés anticancéreuses. Fruit sont riches en folates 53-84?g / 100. <sup>(((0+x)) (traduction automatique)</sup>.*

*Original : Jackfruit wood is a useful timber. There are about 50 Artocarpus species. They are in the tropics and subtropics of Asia and the Pacific. It possibly has anti-cancer properties. Fruit are high in folates 53-84?g/100<sup>(((0+x))</sup>.*

- Nombre de graines au gramme : 0,25 ;

- Liens, sources et/ou références :

- <sup>5</sup>"Plants For a Future" (en anglais) : [https://pfaf.org/user/Plant.aspx?LatinName=Artocarpus\\_heterophyllus](https://pfaf.org/user/Plant.aspx?LatinName=Artocarpus_heterophyllus) ;

*dont classification :*

- "The Plant List" (en anglais) : [www.theplantlist.org/tpl1.1/record/kew-2653982](http://www.theplantlist.org/tpl1.1/record/kew-2653982) ;
- "GRIN" (en anglais) : <sup>2</sup><https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=70095> ;

*dont livres et bases de données : <sup>27</sup>Dictionnaire des plantes comestibles (livre, page 36 [Artocarpus brasiliensis Gomez], par Louis Bubenicek), 65"Edible Medicinal and Non-Medicinal Plants" (livre en anglais, volume 3, pages 318 à 336, par T.K. Lim) ;*

*dont biographie/références de <sup>0</sup>"FOOD PLANTS INTERNATIONAL" :*

*Jackfruit references ; AAK, 1980, Bertanam Pohon Buah-buahan. Penerbitan Yayasan Kanisius, Yogyakarta. p 76 (As Artocarpus integra) ; Abbiw, D.K., 1990, Useful Plants of Ghana. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew. p 42 ; Ajesh, T. P., et al, 2012, Ethnobotanical Documentation of Wild Edible Fruits used by Muthuvan Tribes of Idukki, Kerala-India. International Journal of Pharma and Bio Sciences 3(3): 479-487 ; Alexander, D.M., Scholefield, P.B., Frodsham, A., 1982, Some tree fruits for tropical Australia. CSIRO, Australia. p 27 ; Ali, A. M. S., 2005, Homegardens in Smallholder Farming Systems: Examples from Bangladesh. Human Ecology, Vol. 33, No. 2 pp. 245-270 ; Allen, B.M., 1975, Common Malaysian Fruits. Longmans. p 23 ; Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 57 ; Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 203 ; Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. Indian Journal of Traditional Knowledge. 6(1) pp 163-168 ; Argent, G et al, nd, Manual of the Larger and More important non Dipterocarp Trees of Central Kalimantan Indonesia. Volume 2 Forest Research Institute, Samarinda, Indonesia. p 433 ; Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 58 ; Ashton, M. S., et al 1997, A Field Guide to the Common Trees and Shrubs of Sri Lanka. WHT Publications Ltd. pdf p 276 ; Awasthi, A.K., 1991, Ethnobotanical studies of the Negrito Islanders of Andaman Islands, India - The Great Andamanese. Economic Botany 45(2) pp274-280. (As Artocarpus integra) ; Baishya, S. Kr., et al, 2013, Survey of Wild Edible Fruits of Dhubri District, Assam, India. Plant Archives Vol 13 (1): 155-158 ; Barrau, J., 1979, Breadfruit and relatives, in Simmonds N.W.,(ed), Crop Plant Evolution. Longmans. London. p 201 ; Barwick, M., 2004, Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson p 35 ; Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 43 (Also as Artocarpus brasiliensis) ; Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 105 ; Bodner,*

C. C. and Gereau, R. E., 1988, A Contribution to Bontoc Ethnobotany. *Economic Botany*, 43(2): 307-369 ; Bole, P.V., & Yaghani, Y., 1985, Field Guide to the Common Trees of India. OUP p 59 ; Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 104 ; Brandis, D., 1874, Forest Flora of North West and Central India. p426. Kew Herb., London 426. ; Bremness, L., 1994, Herbs. Collins Eyewitness Handbooks. Harper Collins. p 39 ; Brouk, B., 1975, Plants Consumed by Man. Academic Press, London. p 108 ; Brown, 19 , Useful Plants of the Philippines. p 463 ; Brown, W.H., 1920, Wild Food Plants of the Philippines. Bureau of Forestry Bulletin No. 21 Manila. p 40 (As *Artocarpus integra*) ; Brucher, H., 1977, Tropische Nutzpflanzen. Springer Verlag. p 354 ; Burkhill, I.H., 1935, A Dictionary of the Economic Products of the Malay Peninsula. p 255 ; Call, C. A., et al, 2004, Participatory Rural Appraisal in the Upland Ecosystem of Mt Malindang, Misamis Occidental, Philippines. Biodiversity Research Programme for Development in Mindanao. p 57 ; Chai, P. P. K. (Ed), et al, 2000, A checklist of Flora, Fauna, Food and Medicinal Plants. Lanjak Entimau Wildlife Sanctuary, Sarawak. Forestry Malaysia & ITTO. p 168 ; Chakraborty, S. & Chaturbedi, H. P., 2014, Some Wild Edible Fruits of Tripura- A Survey. Indian Journal of Applied research. (4) 9 ; Chandler,W.H.,1950, Evergreen Orchards. Lea & Febinger, Philadelphia p 343 ; Cheifetz, A., (ed), 1999, 500 popular vegetables, herbs, fruits and nuts for Australian Gardeners. Random House p 173 ; Chin, H.F., & Yong, H.S., 1996, Malaysian Fruits in Colour. Tropical press, Kuala Lumpur p 26 ; Clarke, W.C. & Thaman, R.R., 1993, Agroforestry in the Pacific Islands: Systems for sustainability. United Nations University Press. New York. p 223 ; Cobley, L.S. (rev. W.M.Steele), 1976, An Introduction to the Botany of Tropical Crops. Longmans. p189 ; Cooper, W. and Cooper, W., 2004, Fruits of the Australian Tropical Rainforest. Nokomis Editions, Victoria, Australia. p 321 ; Corner, E.J.H., 1940, Wayside Trees of Malaya. ; Coronel, R.E., 1982, Fruit Collections in the Philippines. IBPGR Newsletter p 6 ; Cull, B.W., 1995, Fruit Growing in Warm Climates. Reed. p 165 ; Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 192 ; Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017. ; Das, T. & Das, A. K., 2005, Inventorying plant biodiversity in homegardens: A case study in Barak Valley, Assam, North East India. CURRENT SCIENCE, VOL. 89, NO. 1, 10 JULY 2005 ; Dastur, J.F., 1951, Useful Plants of India and Pakistan. p 36 ; De Candolle, A.P., 1886, Origin of Cultivated Plants 2nd ed Reprinted 1967 Hafner. p 300 ; Devi, O.S., P. Komor & D. Das, 2010, A checklist of traditional edible bio-resources from Imphal markets of Imphal Valley, Manipur, India. Journal of Threatened Taxa 2(11): 1291-1296 ; Dharani, N., 2002, Field Guide to common Trees & Shrubs of East Africa. Struik. p 54 ; Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt. 15(1):17-37 ; Dutta, S., 1956, Cultivation of Jackfruit in Assam. India J. Hort. 13:187-196 ; Elevitch, C.R.(ed.), 2006, Traditional Trees of the Pacific Islands: Their Culture, Environment and Use. Permanent Agriculture Resources, Holualoa, Hawaii. p 110 ; Engel, D.H., & Phummai, S., 2000, A Field Guide to Tropical Plants of Asia. Timber Press. p 70, 94 ; Englberger, L., et al, 2006, Documentation of the traditional food system of Pohnpei. Indigenous People's food systems. Chp 6 p 119 ; Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 106 ; Ethnobotany of Karbis. Chapter 4 in p 83, 103 ; Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 154 ; Firminger, W.K., 1947, Firmingerâ's Manual of gardening in India. Thacker Spink, New Delhi. p 186-188. ; Flora of Pakistan. www.eFloras.org ; Flowerdew, B., 2000, Complete Fruit Book. Kyle Cathie Ltd., London. p 155 ; French, B., 1986, Food Plants of Papua New Guinea, Asia Pacific Science Foundation p 29 ; French, B.R., 2010, Food Plants of Solomon Islands. A Compendium. Food Plants International Inc. p 174 ; Friday, J. B., 2005, Forestry and Agroforestry Trees of East Timor. http://www.ctahr.hawaii.edu/forestry/data/Timor/Timor trees.html ; Fu, Yongneng, et al, 2003, Relocating Plants from Swidden Fallows to Gardens in Southwestern China. Economic Botany, 57(3): 389-402 ; Garner, R.J., and Chaudhri, S.A., (Ed.) 1976, The Propagation of Tropical fruit Trees. FAO/CAB. p 269 ; Giraldi, M. & Hanazaki, N., 2014, Use of Cultivated and Harvested Edible Plants by CaiÃ§arasâ€"What Can Ethnobotany Add to Food Security Discussions? Human Ecology Review, Volume 20, Number 2, 2014 ; Goode, P., 1989, Edible Plants of Uganda. FAO p 27 (As *Artocarpus integer*) ; Hearne, D.A., & Rance, S.J., 1975, Trees for Darwin and Northern Australia. AGPS, Canberra p 25, PI 6 ; Hedrick, U.P.(ed), 1919, Sturtevantâ's Edible Plants of the World p 69 (Also as *Artocarpus brasiliensis*) ; Heyne, 1927, Nutt. Plant. Ned Ind. p 562. ; Hooker, J.D., 1894, Fl. Br. Ind.. Vol V, 541. ; Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 355 ; Huxley, A. (Ed.), 1977, The Encyclopedia of the Plant Kingdom. Chartwell Books. p 62 ; INFOODS:FAO/INFOODS Databases ; Jacquat, C., 1990, Plants from the Markets of Thailand. D.K. Book House p 65 ; Jahan, S. et al, 2011, Nutritional Profile of Some Tropical Fruits in Bangladesh: Specially Anti-Oxidant Vitamins and Minerals. Bangladesh Journal of Medical Science Vol. 10 No. 2 ; Japanese International Research Centre for Agricultural Sciencewww.jircasaffrc.go.jp/project/value\_addition/Vegetables ; Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 11, 39 ; Jarrett, F.M.,1959, Studies in *Artocarpus* and allied genera 111. A revision of *Artocarpus* subgenus *Artocarpus*. J.Arnh Arbor.XL(2):113-363. ; Jauhari, O.S., and Mehra, R.C., 1960, Air layering in *Artocarpus heterophyllus* Lam. and *Psidium guajava* L. by treatment with growth regulators. Allahabad Frmr. 34:137-147. ; John, L., & Stevenson, V., 1979, The Complete Book of Fruit. Angus & Robertson p 159 ; Joshi, N., et al, 2007, Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs. Tropentag 2007. Conference on International Agricultural Research for Development. ; Kahlon, L. K. & Singh, R., 2019, Traditional knowledge & Dynamics of edible plants of primitive tribal group â€˜Paudi Bhuyanâ€ with changing demography migration patterns in Northern Odisha. Indian Journal of Traditional Knowledge Vol 18(1), pp 7-15 ; Katende, A.B., Birnie, A & Tengnas B., 1995, Useful Trees and Shrubs for Uganda. Identification, Propagation and Management for Agricultural and Pastoral Communities. Technical handbook No 10. Regional Soil Conservation Unit, Nairobi, Kenya. p 112 ; Khan, K.F., 1946, Clones of Jakfruit (*Artocarpus integrifolia* ) Indian J. of Hort. Vol IV Jun/Dec No 1-2. ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, The Cambridge World History of Food. CUP p 1790 ; Krishen P., 2006, Trees of Delhi, A Field Guide. DK Books. p 144 ; Kuhnlein, H. V., et al, 2009, Indigenous Peoples' food systems. FAO Rome p 119 ; J. B. A. P. M. de Lamarck & L. A. J. Desrousseaux, Encycl. 3:209. 1789 "heterophylla" ; Lalfakzuala, R., 2007, Ethnobotanical usages of plants in western Mizoram. Indian Journal of Traditional Knowledge. Vol 6(3) pp 480-493 ; Latham, P., 2004, Useful Plants of Bas-Congo province. Latham & DFID p 43 ; Latham, P. & Mbuta, A. K., 2014, Useful Plants of Bas-Congo Province, Democratic Republic of Congo. Volume 1. Salvation Army. p 62 ; Latham, P. & Mbuta, A. K., 2017, Plants of Kongo

*Central Province, Democratic Republic of Congo. Volume 1. 3rd ed p 68 ; Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 26 ; Lembaga Biologi Nasional, 1977, Buah-Buahan, Balai Pustaka, Jakarta. p 98 ; Lembogi Biologi Nasional, 1980, Sayur-sayuran. Balai Pustaka, Jakarta. p 30 ; Leon, J., 1968, Fundamentos Botanicos de Los Cultivos Tropicales p 290 ; Little, E. L. & Wadsworth, F. H., 1964, Common Trees of Puerto Rico and the Virgin Islands. USDA Agriculture Handbook No. 249 ; Llamas, K.A., 2003, Tropical Flowering Plants. Timber Press. p 277 ; Loh, D.W., 1977, Jackfruit in Hale, P.R.(ed),1977, Liklik buk p 31.*

*Melanesian Council of Churches. ; Lorenzi, H., Bacher, L., Lacerda, M. & Sartori, S., 2006, Brazilian Fruits & Cultivated Exotics. Sao Paulo, Instituto Plantarum de Estudos da Flora Ltda. p 435 ; Lyle, S., 2006, Discovering fruit and nuts. Land Links. p 79 ; Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 292 ; Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 98 ; Martin, M.A., 1971, Introduction L'Ethnobotanique du Cambodge. Centre National de la Recherche Scientifique. Paris. (As *Artocarpus integrifolia*) ; Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 205 (As *Artocarpus integrifolia*) ; Martin, F. W., et al, 1987, Perennial Edible Fruits of the Tropics. USDA Handbook 642 p 37 ; Mbuya, L.P., Msanga, H.P., Ruffo, C.K., Birnie, A & Tengnas, B., 1994, Useful Trees and Shrubs for Tanzania. Regional Soil Conservation Unit. Technical Handbook No 6. p 109 ; McMakin, P.D., 2000, Flowering Plants of Thailand. A Field Guide. White Lotus. p 107 ; Medhi, P. & Borthakur, S. K., 2012, Phytoresources from North Cachur Hills of Assam -3: Edible plants sold at Hflong market. Indian Journal of Natural Products and Resources. 3(1) pp 84-109 ; Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 73 ; Merrill, 1917, Interpret. Herb. Amboin. 190 ; Morton, J.F., 1965, The Jackfruit (*Artocarpus heterophyllus* Lam.) its culture, varieties and utilization. Proc. Fla. St. Hort. Soc. 78:336-44. ; Morton, J. F., 1987, Fruits of Warm Climates. Wipf & Stock Publishers p 58 ; Murakami, A. et al, 2014, Screening for the In Vitro Anti-tumor-promoting Activities of Edible Plants from Malaysia. Bioscience, Biotechnology, and Biochemistry, 64:1, 9-16. ; Murtem, G. & Chaudhrey, P., 2016, An ethnobotanical note on wild edible plants of Upper Eastern Himalaya, India. Brazilian Journal of Biological Sciences, 2016, v. 3, no. 5, p. 63-81 ; Naik, K.C., 1949, South Indian Fruits and their culture, Vanadachary, Madras p 434 ; Neal,C.M., 1965, In Gardens of Hawaii. p302 Bishop Museum Press. ; Norrington, L., & Campbell, C., 2001, Tropical Food Gardens. Bloomings Books. p 105 ; Ochse, J.J. et al, 1931, Vegetables of the Dutch East Indies. Asher reprint. p 490 (As *Artocarpus integrifolia*) ; Ochse, J.J., 1931, Fruits and Fruit Culture in the Dutch East Indies.p70 ; Ochse, J.J., Dijkman, M.J., Soule, M.J. & Wehlburg, C., 1961, Breadfruit. in Tropical and Subtropical Agriculture. p 652. ; Omawale, 1973, Guyana's edible plants. Guyana University, Georgetown p 25 ; Ong, H.C. et al, 2012, Traditional knowledge and usage of edible plants among the Temuan villagers, Malaysia. Indian Journal of Traditional Knowledge. 11(1) pp 161-165 ; Owen, S., 1993, Indonesian Food and Cookery, INDIRA reprints. p 74 ; Payne, S., & W.J.A., 1979, Cooking with Exotic Fruit. Batsford, London. p83 ; Partha, P., 2014, Ethnobotany of the Laleng (Patra) Community in Bangladesh. Journal of Pharmacognosy and Phytochemistry. 2(6):173-184 ; Peralta,de, , 1928, Philipp. Agric. 17:324. ; Phon, P., 2000, Plants used in Cambodia. Â© Pauline Dy Phon, Phnom Penh, Cambodia. p 51 ; Plants of Haiti Smithsonian Institute <http://botany.si.edu/antilles/West Indies> ; Plowes, N. J. & Taylor, F. W., 1997, The Processing of Indigenous Fruits and other Wildfoods of Southern Africa. in Smartt, L. & Haq. (Eds) Domestication, Production and Utilization of New Crops. ICUC p 185 ; Priyadi, H., et al, Five hundred plant species in Gunung Halimun Salak National Park West Java. A checklist including Sundanese names, distribution and use. CIFOR, FFPRI, SLU p 133 ; PROSEA (Plant Resources of South East Asia) handbook, Volume 2, 1991, Edible fruits and nut. p 86 ; Purseglove, J.W., 1968, Tropical Crops:Dicotyledons, Longmans. p 384 ; Rajapaksha, U., 1998, Traditional Food Plants in Sri Lanka. HARTI, Sri Lanka. p 301 ; Rao, M. L. S., et al, 2014, Indigenous Plant Foods which are commonly consumed by the triba communities in Dumbriguda Area of Visakhapatnam District, Andhra Pradesh, India. Biolife. Vol 2, Issue 3 ; Rashid, H. E., 1977, Geography of Bangladesh. Westview. p 338 (As *Artocarpus integrifolia*) ; Recher, P, 2001, Fruit Spirit Botanical Gardens Plant Index. [www.nrg.com.au/~recher/seelist.html](http://www.nrg.com.au/~recher/seelist.html) p 1 ; Ridley, 1902, Agric. Bull. Straits and FMS p 533. ; Rowe-Dutton,P.,1976, in Garner, R.J. et al, The Propagation of Tropical Fruit Trees. p269 FAO/CAB ; Sahni, K.C., 2000, The Book of Indian Trees. Bombay Natural History Society. Oxford. p 159 ; Saikia, M., 2015, Wild edible vegetables consumed by Assamese people of Dhemaji District of Assam, NE India and their medicinal values. Archives of Applied Science Research, 2015, 7 (5):102-109 ; Sakunpak, A. & Panichayupakaranant, P., 2012, Antibacterial activity of Thai edible plants against gastrointestinal pathogenic bacteria and isolation of a new broad spectrum antibacterial polyisoprenylated benzophenone, chamauangone. Food Chemistry 130 (2012) 826â€“831 ; Sasi, R. & Rajendran, A., 2012, Diversity of Wild Fruits in Nilgiri Hills of the Southern Western Ghats - Ethnobotanical Aspects. IJABPT, 3(1) p 82-87 ; Sharma, B.B., 2005, Growing fruits and vegetables. Publications Division. Ministry of Information and broadcasting. India. p 70 ; Simmonds,N.W.,1976, Evolution of Crop Plants.p201 Longman ; Singh, R., 1969, Fruits. National Book Trust of India. p 115 ; Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 50, 81 ; Slik, F., [www.asianplant.net](http://www.asianplant.net) ; Smith, K., 1998, Growing Uncommon Fruits and Vegetables. New Holland. p 79 ; Solomon, C., 2001, Encyclopedia of Asian Food. New Holland. p 187 ; Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 404 ; Striegel, L., et al, 2019, Promising Tropical Fruits High in Folates. Foods 2019, 8, 363; doi:10.3390/foods8090363. [www.mdpi.com/journal/foods](http://www.mdpi.com/journal/foods) ; Sujanpal, P., & Sankaran, K. V., 2016, Common Plants of Maldives. FAO & Kerala FRI, p 44 ; Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 137 ; Sukenti, K., et al, 2016, Ethnobotanical study on local cuisine of the Sasak tribe in Lombok Island, Indonesia. Journal of Ethnic Foods. 3 (2016) 189-200 p 198 ; Swaminathan, M.S., and Kochnar, S.L., 2007, An Atlas of major Flowering Trees in India. Macmillan. p 243 ; Tabuti, J. R. S., 2012, Important Woody Plant Species, their Management and Conservation Status in Balaishi Sub-country, Uganda. Ethnobotany Research & Applications 10:269-286 ; Tankard, G., 1990, Tropical fruit. An Australian Guide to Growing and using exotic fruit. Viking p 52 ; Tate, D., 1999, Tropical Fruit. Archipelago Press. Singapore. p 28 ; Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 153 ; Terra, G.J.A., 1966, Tropical vegetables. Communication 54e Royal Tropical Institute. Amsterdam. ; Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 26 (As *Artocarpus integrifolia*) ; Thaman, R. R.,*

1987, *Plants of Kiribati: A listing and analysis of vernacular names*. Atoll Research Bulletin No. 296 ; Thomas, C.A., 1980, Jackfruit, *Artocarpus heterophyllus* (Moraceae) as Source of Food and Income. Econ. Bot. 34(2):154-159. ; Tomar, A., Kumar, A., & Dubey, K., 2002, Underutilized Wild Edible fruits of Nutritional and Medicinal Value. J. Res. Educ. Indian Med., Vol XX1 ; USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: [www.ars-grin.gov/cgi-bin/npgs/html/econ.pl](http://www.ars-grin.gov/cgi-bin/npgs/html/econ.pl) (10 April 2000) ; van Wyk, B., 2005, *Food Plants of the World. An illustrated guide*. Timber press. p 76 ; Vasquez, R. and Gentry, A. H., 1989, Use and Misuse of Forest-harvested Fruits in the Iquitos Area. Conservation Biology 3(4): 350f ; Vivien, J., & Faure, J.J., 1996, *Fruitiers Sauvages d'Afrique. Espèces du Cameroun*. CTA p 227 ; Walter, A. & Lebot, V., 2007, *Gardens of Oceania*. ACIAR Monograph No. 122. CD-ROM minor species p 7 ; Zawiah, N. & Othaman, H., 2012, 99 Species Buah di FRIM. Institut Penyelidikan Perhutanan Malaysia. p 34 ; Wealth of India, 1948, p125. ; Wickens, G.E., 1995, *Edible Nuts*. FAO Non-wood forest products. FAO, Rome. p144 ; Wight, R., 1963, *Icônes Plantarum Indiae Orientalis*. Vol 1 p 678. ; Williams, C.N., Chew, W.Y., and Rajaratnam, J.A., 1989, *Tree and Field Crops of the Wetter Regions of the Tropics*. Longman, p 127 ; [www.eFloras.org](http://www.eFloras.org) Flora of China ; [www.worldagroforestrycentre.org/treedb/](http://www.worldagroforestrycentre.org/treedb/) ; Young, J., (Ed.), 2001, *Botanica's Pocket Trees and Shrubs*. Random House. p 108