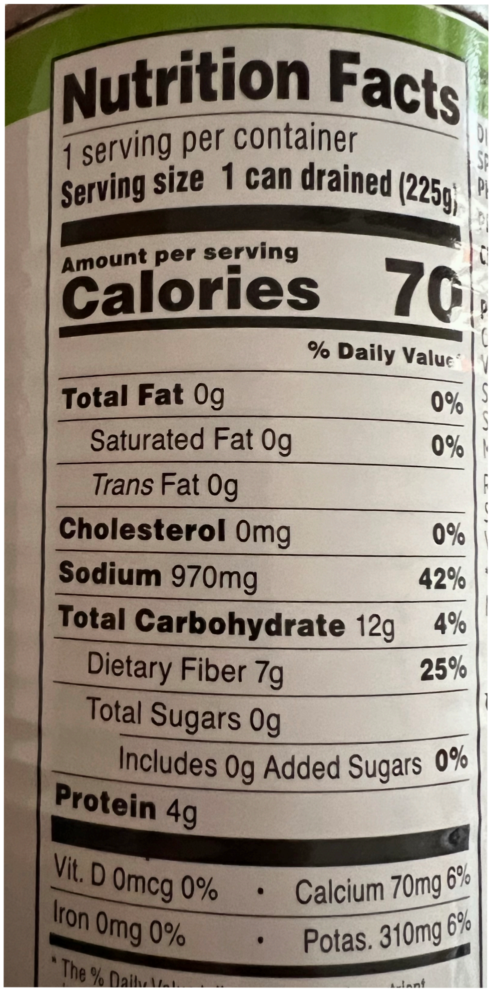
What is Jackfruit?

Jackfruit grows in tropical and subtropical parts of the world such as India, Malaysia, Central and Eastern Africa, the Caribbean, Florida, Brazil, Australia, Puerto Rico and many Pacific Islands. It is a drought resistant tree that is sustainable in farming practices.

The fruit has a meaty texture that resembled pulled pork or chicken. It is not high in protein but it is high in fiber and low in calories and fat. So it is an excellent choice for those trying to lose weight as well as those who want to embrace a more plant-based diet.



What can you make with it?

Recipes for jackfruit abound online. It is easy to shred and use like chicken.

You can use it just like shredded chicken or pork in tacos, stirfry dishes, chicken noodle soups, buddha bowls, and salads.

How do you buy it?

It comes in cans as well as pouches. You can find it in most grocery food stores and whole food stores. It is around $3 per pound. Some stores might sell a whole jack fruit in the produce department.