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JACK FRUIT





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DISCOVER JACKFRUIT

Origin :	Southeast Asia, thriving globally.
Names :	Known as "Miracle Fruit" with various names worldwide.
Unique Feature :	Largest tree-borne fruit; 100-200 treasures annually.

Discover the amazing Jackfruit – a tropical marvel from Southeast Asia that's now found all over the world. It's often called the "Miracle Fruit" as it gives 100-200 fruits every year.

SRI LANKA'S CULINARY TREASURE



Role :

Vital rice substitute,
evolving from 'Rice Tree'
to global culinary delight.

Founder (Promoter) :

'Kos Mama' Mr. Arthur V. Dias.

Export :

Proudly exported from Sri Lanka.

In Sri Lanka, Jackfruit is more than a fruit; it's a culinary cornerstone. Mr. Arthur V Dias, affectionately known as "Kos Mama," is being honored as the "promoter of jacktree" due to his pivotal role in leading the jackfruit propagation program and promoting its cultural and ecological significance, proudly exporting it globally from Sri Lanka.





THE TREE

- Characteristics :** Grand evergreen, 8-25 meters tall, with a sturdy trunk and lush canopy.
- Special Feature :** Releases sticky latex as a natural defense mechanism.
- Branching :** Jackfruit trees provide dense shade with abundant side branches.
- Shade Retreats :** Preferred for creating cool.
- Root System :** Anchors with a robust, taprooted system for stability and resilience.

Standing 8-25 meters tall, the Jackfruit tree is a grand evergreen with a sturdy trunk and lush canopy. Its unique feature includes the release of sticky latex as a natural defense mechanism. Jackfruit trees are like nature's umbrellas in tropical areas. They provide shade with their dense branches, making them perfect for creating cool retreats. The trees have a strong root system that gives them stability and resilience.

FLORAL SYMPHONY: THE UNIQUE BLOOMS OF JACKFRUIT TREES

Jackfruit trees are unique, having both male and female flowers. Male spikes assist pollination, while females play a key role in the fruit's growth. Experience the seasonal spectacle from December to February.



LEAVES: VERDANT VERSATILITY

Jackfruit leaves aren't just visually pleasing; they're also great for both the body and the tasty buds. When young, they add flavor to dishes and have traditional medicinal uses

In essence, jackfruit leaves have a rich history - they are full of nutrients, culinarily vibrant, and even have healing powers.



THE FRUIT: AN AESTHETIC KALEIDOSCOPE

Jackfruit seeds are in shades of green, yellow, and brown. Even the parts of the jackfruit that we can't eat have uses such as making charcoal and bioenergy. Lactiferous cells in the fruit produce a sticky white latex that reveals the tasty edible part when cooked.



THE SEED: **JACKFRUIT'S NUTRIENT-RICH KERNEL**

Jackfruit seeds, small and light brown, are a nutrient-rich marvel. Whether boiled, ground, or roasted, they add a tasty and nutty flavor to curries, and when cooked or dried with salt, they become a delightful and nutritious snack.



HARVESTING THE 'RICE TREE'

Jackfruit takes 12-16 weeks to mature from the first flower, changing from bright green to green-yellow when ripe. As it ages, a spiky skin called spinal develops, giving it a distinctive appearance. When the last leaf turns yellow, a pleasant smell emerges, and the jackfruit sheds its spikes, becoming smooth and delicious. March to June is the best time to harvest them.



JACKFRUIT: A CULINARY CHAMELEON

Jackfruit is a versatile and tasty fruit known as the 'vegetable meat'. In Sri Lanka, people use young jackfruit in a curry that tastes like meat. Mature jackfruit can be cooked and served with rice. When jackfruit ripens, it becomes sweet, like pineapple. You can eat it fresh or make jams, jellies, and candies. Ripe Jackfruit is also used in ice cream and drinks. It offers a delicious journey through its different ripening stages.



SRI LANKA'S SUPERFOOD: WHERE HEALTH AND TASTE CONVERGE

Sri Lankan jackfruit is a nutritious powerhouse with various health benefits. Young Jackfruit full of fiber (3.6g per 100g) for good digestion and preventing constipation. With antioxidants, it fights heart issues and cancer. The fruit's nutrients may prevent cancer cell growth, while calcium and magnesium support bones. Vitamin C keeps skin healthy, and its low-GI, high-fiber nature helps with regulate blood sugar and weight. Boosting the immune system, providing natural energy, and preventing anemia, it's a nutritious delight. Sourced sustainably, Sri Lankan jackfruit is a simple way to stay healthy and enjoy good taste

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