

Cempedak Assorted

Artocarpus integer



Common names	Artocarpus champeden, moraceae, chempedak, jacktree, banking, champada, mit to nu, kathal, baroh, chakka, small jackfruit, sonekadat, uto ni idia, koparamitsu, pani varaka, sempedak, temedak, tjampedak, lemasa.
Origin	Though the fruit is much more popular in Thailand and Malaysia, cempedak is native to India. Furthermore, the tree has also been introduced to Queensland. The fruits are also commonly found and sold in Singapore. It belongs to Moraceae family.
Description	Cempedak trees are large, evergreen trees which can grow to a height of 20 meters, although most only reach a dozen meters. The bark is greyish brown with bumps on the trunk and main limbs where leafy twigs are produced, which bears the fruits.
Growth Habitat	Cempedak is strictly tropical and always restricted to regions without a distinct dry season. The tree grows fast in full light but can be raised under shelter at a slower rate, as it tolerates shade in early life. For this plant to grow properly, a continuously irrigated environment is required and the tree requires a minimum mean rainfall of 50 in

	(1,250 mm).
Foliage	The leaves are simple and have a rough texture due to moderate number of hairs on the leaf surface.
Flowers	The trees are monoecious, with male and female flowers growing on the same tree.
Fruits	Cempedak fruit is yellow, brown or green in color and contains between 100-500 seeds depend on clones. The fruit is barrel or pear shaped while the seeds are shaped like kidneys. The seeds are surrounded by a soft yellowish or reddish flesh which has a strong smell and the flesh taste sweet and sometimes juicy.
Soil	Cempedak fruit is suitable to be grown with sandy loam soil and proper drainage system. Cempedak tree cannot survive if the root system submerged for more than 4 hours under water.
Pruning	Little pruning is required to achieve a central leader with a single trunk and well spaced branches.
Fertilization	Upon planting basic manuring program such as organic manure, Dolomite and Rock Phosphate applied. NPK 15:15:15 at applied each tree annually 0.50 kg every 3 months for first year.
Propagation	Cempedak can be raised by direct sowing or planting nursery-raised container seedlings. It can also be propagated vegetatively by budding or suckle-grafting on seedling rootstocks of other breadfruit species.
Harvest	Fruit may be picked early and consumed as a vegetable. For ripe consumption, the size of protuberances or smoothness of skin, change of skin colour, and yellowing of the fruit stem are all guides to maturity. The fruit is sometimes allowed to fall and must be collected daily for it has a shelf

	life of only 2-3 days.
Nutritional Properties	Cempedak contains multiple vitamins and minerals. This fruit contains Ascorbic acid, enzymes, bioflavonoid and also rich in minerals and vitamins. It also consists of water content of up to 67 grams per 100g.
Health Benefits	<p>The fruit provides numerous health benefits to body.</p> <ul style="list-style-type: none"> • It is an antioxidant, has cancer fighting properties. • It is also very rich in fiber which supports bowel regularity. • Cempedak has a rich vitamin A content which mainly helps to keeps the cornea of eye healthier. • It also contains dietary fiber which is high enough to maintain digestive tract health. • Vitamin C also decreases the cholesterol content in the blood. • The bark of this fruit in fact contains components that used to prevents tumors and malaria. • It also contains heteriflavon C used to eliminate the cause of malaria parasites.
Commercial Uses	The unripe fruit is used as a vegetable or is made into pickle; ripe fruit is eaten fresh or preserved in syrup. In addition to its function as a food crop, the cempedak tree is also cultivated for its wood which is durable and resistant to termites and is used for building construction, furniture and boats. The bark is used in the production of the yellow dye used on the saffron-colored robes of Buddhist monks. The bark can also be used to make rope and the latex for the preparation of lime.
Food Suggestion	A popular way of eating them cooked are in the form of fritters; made by dripping arils in batter and frying in oil where it emits a sweet smell that whet one's appetite. The seeds can also be boiled and then peeled and eaten. The taste is very much like that of chestnuts.

Chempedak Butter Cake

Ingredients:

250 grams of butter

200 grams of sugar

250 grams of self raising flour

4 eggs

200 grams of chempedak flesh, deseeded - Use a kitchen scissor to cut the flesh to tiny pieces to avoid it turning mushy.

Method:

1. Cream sugar and butter until fluffy.
2. Add eggs and flour alternately
3. Mix in the flesh gently and bake.
4. Avoid messing up the flesh and the cake batter because you do not want the flesh to seep into the batter, making the cake taste overpowering.
5. Bake at 180 deg. celcius for 45 minutes.