

Tarap

Artocarpus odoratissimus



Common names	Marang. Pingan, pi-ien, keiran, terap, marang, madang, loloi, khanun sampalor. johey oak, green pedalai, madang, terap, timadang, breadfruit cousin.
Origin	It originated from Borneo, Malaysia and belongs to Moraceae family.
Description	Tarap fruits look like a cross between a jackfruit and a breadfruit with a strong aroma and taste that is sweet and juicy with a tang to it, that many consider superior to jackfruit and cempedak.
Growth Habitat	Tropical areas of the South East Asia and Australia.
Foliage	The dark green leaves are large, round at the stem and narrower at the tip, 16-50 x 11-28cm in size.
Flowers	Male and female flowers grow separately on the same tree. The female flowers grow in inflorescences.

Fruits	The fruit is quite large, round to oblong. The size of a small ball. Thickly studded with blunt spikes, green in colour. The skin is thick and inside the many fruit segments are similar to cempedak but white in colour and attached to a central core. Each segment contains a seed. The seeds can be boiled or roasted.
Soil	It grows best in regions with abundant and equally distributed rainfall on rich loamy or sandy clay, well-drained soils.
Pruning	Prune to establish shape and keep small for easy harvesting. Prune to remove dead branches.
Fertilization	Plants are fertilized with 100-200 g ammonium sulphate after planting and towards the end of the rainy season. Bearing tree are given 0.5-1 kg complete fertilizer per tree twice a year.
Propagation	Tarap is propagated from seeds that are cleaned in water and planted immediately. Fresh seeds germinate easily. Tarap can also be budded or grafted.
Harvest	It may be harvested when full size but still firm, and left to ripen until soft. External colour changes to greenish yellow when ripe. Once opened, the fruit deteriorates rapidly in taste and goes brown.
Nutritional Properties	The highest mineral content is 176 - 298 mg/100g of potassium in 100g of flesh while 352 - 443 mg/100g can be found in the seeds. Sodium is the next highest, 1.1 - 1.7 mg/100g in the flesh and 0.9 - 3.8 mg/100g in the seeds. Calcium is the third highest, 0.5 - 1.4 mg/100g in the flesh and 1.5 - 3.0 mg/100g in the seed. It also contains about 2.1 mg of iron and 30 mg of vitamin C.

Health Benefits	<p>The following nutrients in tarap can be beneficial for:</p> <ul style="list-style-type: none">• Potassium is an essential electrolyte in the size and shape of cells. It is also essential for nerve transmission and muscle contractions.• Sodium: As the predominant ion and electrolyte, sodium is the vital component in the human diet for the correct regulation of cells and nerves in the human body.• Calcium is essential for the development and maintenance of bones and teeth. And also important for digestion, blood clotting, wound healing and the acid and alkaline balance in our bodies.• Iron is essential for the formation of hemoglobin in blood cells. It is an oxygen carrier, helps in the contraction of muscles and supplies oxygen to the brain.• Vitamin C is beneficial for cardiovascular health, preventing high blood pressure, asthma and cancer. It also helps in supporting healthy blood sugar levels in diabetics.• According to the Nutrition & Food Science research paper, Tarap is high in antioxidant properties due to its phytochemicals. Since the kernel and peel contain superior phenolic phytochemicals and display better anticancer potential compared to the flesh; suggests the use of them in health-industry application. Utilization of all parts of the fruits (i.e. flesh, seed, kernel and peel) for the development of nutraceutical and functional food application is suggested.
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Commercial Uses	Grown successfully for its fruits in both the Philippines and Sarawak. The wood has a density of 580-780 kg/m cubic respectively at 15% moisture content.
Food Suggestion	<p>The fresh fruit can also be used in pies, cakes and to flavour ice cream.</p> <p>The seeds are good to eat when fried or washed, dried overnight and then roasted in the oven.</p>