PLANT FACT SHEET

Artocarpus odoratissimus Blanco

GENUS *Artocarpus* **FAMILY** Moraceae

COMMON NAMES Terap

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Nuts, Vegetable

The fleshy portion of the fruit is eaten raw. It is sweet.
The seeds are eaten roasted or boiled.
The unripe fruit can be cooked as a vegetable.

DESCRIPTION

A large tree. It grows 12 to 25 m high. The trunk is 40 cm across. The bark is smooth and dark grey. The twigs are 4-10 mm thick. They have ring like scars. The leaves are very rough and large. They are leathery. They can be entire or lobed. They are 16-50 cm long by 11-28 cm wide. They are hairy on both sides. The edges can be wavy. There are 12-15 pairs of secondary veins which curve and disappear near the edge of the leaf. The flower heads are solitary in the axils of leaves. The male heads are long and 40-90 ,, long by 25-35 mm wide. The fruit are very large and oval. It is 16 cm long by 13 cm wide. They are covered with soft fleshy spines. The fruit is yellow-green. The flesh of the fruit is white and very juicy and sweet with a smell. The fruit stalk is 5.5-14 cm long. The seeds are oval and 12 mm long by 8 mm wide. The fruit are edible.

HABITAT

A tropical tree. It suits the hot, wet tropical lowlands. It prefers a warm humid climate. It can be damaged by temperatures below 5°C. Occurs only in Mindoro, Mindanao and Basilan but apparently fairly common in Mindoro, Cotabato, Lanao, Davao, Zamboanga and Basilan in the Philippines. In Indonesia it grows in lowland forest and up to 1,000 m altitude. Brisbane Botanical Garden.

PRODUCTION

Cultivation

Plants are grown from seed. Fresh seed is washed then planted immediately. Seed germinate in about 4 weeks. Plants are spaced 12-14 m apart. Plants can be grafted.

Harvesting and Seed Production

A tropical tree. Trees produce after about 4-6 years. The spines on the fruit snap when the fruit is ripe. The fruit have to be picked from the tree as it doesn't fall. A tree produces about 180 fruit per season.

NOTES

There are about 50 Artocarpus species. They are in the tropics and subtropics of Asia and the Pacific.

PICTURES



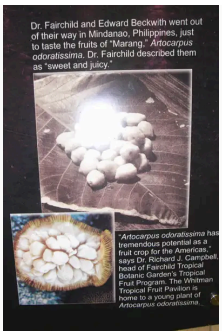
Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 59

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 43

Brown, W.H., 1920, Wild Food Plants of the Philippines. Bureau of Forestry Bulletin No. 21 Manila. p 44

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 260

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 53

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

Coronel, R.E., 1982, Fruit Collections in the Philippines. IBPGR Newsletter p 6

Darley, J.J., 1993, Know and Enjoy Tropical Fruit. P & S Publishers. p 52

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 154

Fl. Filip. 671. 1837

Flowerdew, B., 2000, Complete Fruit Book. Kyle Cathie Ltd., London. p 155

Food Composition Tables for use in East Asia FAO http://www.fao.org/infoods/directory No. 915

Hoare, A., 2003, Food use of the Lundayeh SW Sabah. Borneo Research Council.

Kermath, B. M., et al, 2018, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. p 122

Lorenzi, H., Bacher, L., Lacerda, M. & Sartori, S., 2006, Brazilian Fruits & Cultivated Exotics. Sao Paulo, Instituto Plantarum de Estuados da Flora Ltda. p 438

Lyle, S., 2006, Discovering fruit and nuts. Land Links. p 81

Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 293

Martin, F. W., et al, 1987, Perennial Edible Fruits of the Tropics. USDA Handbook 642 p 37

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 73

Milow, P., et al, 2013, Malaysian species of plants with edible fruits or seeds and their evaluation. International Journal of Fruit Science. 14:1, 1-27

Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, Edible Wild Plants in Philippine Forests. Philippine Journal of Science. p 501

PROSEA (Plant Resources of South East Asia) handbook, Volume 2, 1991, Edible fruits and nut. p 94

Septiani, Y. & Sidabutar, H., (Eds.) 2015, Biodiversity Survey. In the Sub Watershed Embaloh, Betung Kerihun National Park. ITTO p 82

Shaffiq, A. M., A., et al, 2013, Marketable wild fruits of Sarawak, Borneo: Their mode of consumption, uses and sugar profiles. Indian Journal of Traditional Knowledge. Vol 12(2): 195-201

Siong, K. H., 2003, Indigenous Fruits of Sarawak. Forest Department Sarawak. p 97

Slik, F., www.asianplant.net

Soepadmo, E. and Saw, L. G., 2000, Tree Flora of Sabah and Sarawak. Forestry Malaysia. Volume Three. p 205

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 139

Suwardi, A.B., et al, 2023, The diversity and regional conservation status of wild edible fruit species in Sumatra, Indonesia. Biodiversitas Vol. 24 No. 6. pp 3245-3257

Tankard, G., 1990, Tropical fruit. An Australian Guide to Growing and using exotic fruit. Viking p 111

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 26

Uji, T., 2007, Species diversity of indigenous fruits in Indonesia and its potential. Biodiversitas, 8 (2): 157-167

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 (10 April 2000)

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p144

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 74

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5abde08e-1668-490e-a265-d9696166cae3