

Artocarpus heterophyllus Lam., 1789 (Jacquier)

Identifiants : 3315/arthe

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

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• Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Fabidées ;
- Ordre : Rosales ;
- Famille : Moraceae ;

• Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Rosales ;
- Famille : Moraceae ;
- Tribu : Artocarpeae ;
- Genre : Artocarpus ;

- Synonymes : x (=) basionym, *Artocarpus brasiliensis* Ortega 1812, *Artocarpus brasiliensis* Gomez, *Artocarpus maximus* Blanco 1837, *Artocarpus integer* auct. (synonyme selon GRIN), *Artocarpus integrifolius* auct. (synonyme, selon GRIN), *Artocarpus nanca* Noronha 1790 (synonyme mais synonyme mais nom invalide selon TPL), *Artocarpus philippensis* Lam. 1789 ;

- Synonymes français : jacquier, pomme de jacque {fruit}, jacque {fruit}, jaque {fruit} ;

- Nom(s) anglais, local(aux) et/ou international(aux) : jack, jackfruit (jack fruit), jak , jack (br), bo luo mi (cn transcrit), Jackfruchtbaum (de), Nangka (de), nathal (id), jaca (pt), jaqueira (pt,br), arbol del pan (es), jaca (es), jaqueiro (es), jackfrukt (sv) ;

- Rusticité (résistance face au froid/gel) : -3/-3,5/-4°C ;



- Note comestibilité : ****

- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :

Fruit (fruits^{2(+),27(+x),65(+x)} (périanthes) immatures (pulpe et graines) cuits (bouillis)^{65(+x)} [nourriture/aliment^{65(+x)} (légume^{65(+x)}) et/ou assaisonnement^{65(+x)} {soupes, currys, marinades, conserves, confits, vinaigre, épices}] ou mûrs^{65(+x)} crus^{65(+x)} (pulpe^{65(+x)}) [nourriture/aliment^{65(+x)} : fruit^{65(+x)}] ; et graines^{2(+),27(+x)} crues^{65(+x)} ou cuites^{65(+x)} (bouillies ou torréfiées/grillées^{27(+x),65(+x)}) [nourriture/aliment^{65(+x)} : chataigne^{65(+x),farine^{27(+x)}]] comestible.}

Détails :

Fruit - cru (brut)^{65(+x)} ; plante importante localement ; cultivée^{65(+x)}. En Inde et au Sri Lanka, le jaque jeune et vert est pelé, coupé et mariné dans la saumure puis ajouté au vinaigre et aux épices. Cuits, il est savouré dans les cuisines de l'Inde, du Sri Lanka, du Bangladesh, de la Malaisie, de l'Indonésie, du Vietnam et du Cambodge^{65(+x)}.

La chair des fruits mûrs peut être consommée crue. Les fruits non mûrs peuvent être cuits et consommés comme légume. Ils sont frits dans des currys, conservés au sirop, séchés, cuits au lait ou transformés en boissons alcoolisées. Attention: l'alcool est une cause de cancer. Les fruits non mûrs sont marinés. Les graines (5%) peuvent être grillées et consommées.

Ils sont également bouillis. (Certains types ont plus de graines) . _ x000B_ Les jeunes feuilles et fleurs sont comestibles. Ils sont consommés mélangés avec des piments, de la pâte de poisson, du sucre, du sel, etc

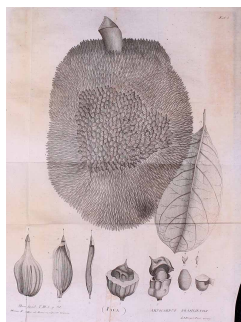
Partie testée : fruits crus^{{{0(+x)}}} (traduction automatique)
Original : Fruit raw^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
74.5	395	94	1.5	30	6.7	0.6	0.4



néant, inconnus ou indéterminés.néant, inconnus ou indéterminés.

- Illustration(s) (photographie(s) et/ou dessin(s)):



Par Memorias de Academia Real das Sciencias de Lisboa (1854-1914) Mem. Acad. Real Sci. Lisboa, 2 Cl. Sci. Moraes vol. 3 , via plantillustrations

- Petite histoire-géo :
- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

De plus en plus important dans certaines régions de Papouasie-Nouvelle-Guinée, comme le Sepik. Actuellement, seules les graines sont consommées. Dans certaines régions du Bangladesh, c'est un aliment très important^{{{0(+x)}}} (traduction automatique).

Original : Gaining importance in some areas of Papua New Guinea, such as the Sepik. At present it is mainly only the seeds that are eaten. In some areas of Bangladesh it is a very important food^{{{0(+x)}}}.

- Distribution :

Une plante tropicale. Il pousse dans les basses terres tropicales et jusqu'à environ 1200 m d'altitude. Il pousse au Népal jusqu'à 800 m d'altitude. Il peut supporter une certaine sécheresse, mais pas une saturation en eau. Les arbres font mieux là où il y a des précipitations toute l'année. Une pluviométrie annuelle comprise entre 1 000 et 2 400 mm est la meilleure. Il donne mal là où l'humidité est faible. Il fait mieux dans un endroit bien drainé, à l'abri du gel, chaud et ensoleillé. Ils sont légèrement plus tolérants au froid que les fruits à pain. Il convient aux zones avec une plage de température de 22 à 35 ° C. Les arbres peuvent survivre à des gelées occasionnelles jusqu'à 0 ° C. Il est préférable avec un pH de 6-6,5. Ils ont une certaine tolérance au vent et au sel. Il pousse entre 25 ° N et 30 ° S. Dans XTBG Yunnan. Il convient aux zones de rusticité 10-12^{{{0(+x)}}} (traduction automatique).

Original : A tropical plant. It grows in the tropical lowlands and up to about 1200 m altitude. It grows in Nepal up to 800 m altitude. It can stand some drought, but not water-logging. Trees do best where there is year round rainfall. An annual rainfall between 1,000-2,400 mm is best. It yields poorly where humidity is low. It does best in a well drained, frost-free location that is warm and sunny. They are slightly more tolerant of cold than breadfruit. It suits areas with a temperature range 22-35Â°C. Trees can survive occasional frosts down to 0Â°C. It is best with a pH of 6-6.5. They have some wind and salt tolerance. It grows between 25Â°N and 30Â°S. In XTBG Yunnan. It suits hardiness zones 10-12^{{{0(+x)}}}.

◦ Localisation :

Afrique, Andamans, Asie, Australie, Bangladesh, Bhoutan, Brésil, Cambodge, Cameroun, Caraïbes, Afrique centrale, Amérique centrale, Chine, République démocratique du Congo, Îles Cook, Cuba, Dominique, République dominicaine, Afrique de l'Est, Timor oriental, Fidji, Ghana, Guam, Guyanes, Guinée-Bissau, Guyane, Haïti, Himalaya, Inde *, Indochine, Indonésie, Jamaïque, Kiribati, Laos, Madagascar, Malaisie, Maldives, Maurice, Mozambique, Myanmar, Nauru, Népal, Inde du Nord-Est, Amérique du Nord, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Philippines, Pohnpei, Porto Rico, Samoa, Sao Tomé-et-Principe, Arabie saoudite, Asie du Sud-Est, Sierra Leone, Sikkim, Singapour, Îles Salomon, Amérique du Sud, Afrique australe, Sri Lanka, Suriname, Tanzanie, Thaïlande, Timor-Leste, Ouganda, USA, Vanuatu, Vietnam, Afrique de l'Ouest, Antilles^{{{0(+x)}} (traduction automatique)}.

Original : Africa, Andamans, Asia, Australia, Bangladesh, Bhutan, Brazil, Cambodia, Cameroon, Caribbean, Central Africa, Central America, China, Congo DR, Cook Islands, Cuba, Dominica, Dominican Republic, East Africa, East Timor, Fiji, Ghana, Guam, Guianas, Guinea-Bissau, Guyana, Haiti, Himalayas, India*, Indochina, Indonesia, Jamaica, Kiribati, Laos, Madagascar, Malaysia, Maldives, Mauritius, Mozambique, Myanmar, Nauru, Nepal, Northeastern India, North America, Pacific, Pakistan, Papua New Guinea, PNG, Philippines, Pohnpei, Puerto Rico, Samoa, Sao Tome and Principe, Saudi Arabia, SE Asia, Sierra Leone, Sikkim, Singapore, Solomon Islands, South America, Southern Africa, Sri Lanka, Suriname, Tanzania, Thailand, Timor-Leste, Uganda, USA, Vanuatu, Vietnam, West Africa, West Indies^{{{0(+x)}}.}

◦ Notes :

Le bois de jacquier est un bois utile. Il existe environ 50 espèces d'Artocarpus. Ils se trouvent dans les régions tropicales et subtropicales d'Asie et du Pacifique. Il a peut-être des propriétés anticancéreuses. Fruit sont riches en folates 53-84¹/₁₀₀^{{{0(+x)}} (traduction automatique)}.

Original : Jackfruit wood is a useful timber. There are about 50 Artocarpus species. They are in the tropics and subtropics of Asia and the Pacific. It possibly has anti-cancer properties. Fruit are high in folates 53-84¹/₁₀₀^{{{0(+x)}}.}

- Nombre de graines au gramme : 0,25 ;

- Liens, sources et/ou références :

◦ ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Artocarpus_heterophyllus ;

dont classification :

◦ "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2653982 ;

◦ "GRIN" (en anglais) : ²<https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=70095> ;

dont livres et bases de données : ²⁷Dictionnaire des plantes comestibles (livre, page 36 [Artocarpus brasiliensis Gomez], par Louis Bubenicek), 65 "Edible Medicinal and Non-Medicinal Plants" (livre en anglais, volume 3, pages 318 à 336, par T.K. Lim) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

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