

Government of Tripura
Directorate of Information and Cultural Affairs

F-7

Agartala, 3rd June, 2021

The reason why Tripura Jackfruit stands out from the rest
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The state holds a good potential in world trade in regard to the unmatched tropical fruits grown in here. Just recently, 1st consignment of sweet quality jackfruits (376 pieces/1200kg) of 1.2 Metric Tonne from Tripura were exported to London on 21st May, 2021 via the exporters from Guwahati even during the Covid period, as a result, farmers got 71% incremental income at farm gate. “More such consignments will be executed in near future for the welfare of Tripura farmers as the demands are growing for Jackfruits and Queen Pineapples



from the exporters out of the state. The State Government and the Department of Horticulture earn no revenue from it but try to connect the farmers with the exporters for their own benefit and to prevent wastage of tropical fruits. In addition to that when Tripura products get known world-wide, that becomes a matter of pride for the state,” said Phani Bhusan Jamatia, Director of Horticulture, Government of Tripura in an interview. Did you know that the total sugar content in Tripura Jackfruits have 24 to 26 Degree Brix which is higher as compared to the jackfruits available in other parts of the country making them sweeter than any other jackfruits?

In India, the jackfruit producing states are Assam, Tripura, West Bengal, Bihar, Jharkhand, Uttar Pradesh, Kerala, Tamil Nadu and Karnataka. Jackfruit is grown on 5,400 Hectare land in the state. Tripura having suitable climate and acidic soil is fertile and is appropriate which is why the sweet quality jackfruits grow here abundantly. In Tripura, jackfruit is itself considered a wholesome meal as it is normally consumed ripe with flat rice (romphe/chira) or puffed rice (moori) as an evening or afternoon snack during summers. In villages, we love even to have dry cooked jackfruit dish and have together with neighbours in the evening as it gives an opportunity to mingle with neighbours. A jackfruit consists of dietary fibre, carbohydrates, protein, vitamins A,B,C and minerals like potassium, calcium and iron. It also consists of iso-flavones, antioxidants and phyto-nutrients which helps cure ulcers and indigestion and also is believed

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to have cancer fighting properties. However, I as a kid used to eat jackfruits as our grandmothers used to say that if we eat lots of jackfruit, we will become fairer in complexion. True or not but this super underestimated fruit does have some super good side to it. Not only the pulp, the jackfruit seeds are also delicious to eat when cooked. In Tripura we roast it and powder it to consume and some like to add it to vegetables while cooking. Jackfruit seed powder is also used to make soup, or as porridge with warm milk in other areas. Not only is that tasty, but also has medicinal and health values. Not just that the jackfruit can be canned, its nectar can be used for cooking, chips can be made out of it. The Director of Horticulture when asked about further plans said that in 3 years various steps under Mukhya Mantri Swanirbhar Parivar Yojana and Mukhya Mantri Puspa Udyan Yojana for the welfare and development of the farmers and 80% assistance will be given by the state government. Soon this June, Kisan trail will be commencing for better transport of fruits like jackfruit, pineapple, scented lemon etc. and vegetables grown in the state which will help the farmers hugely. Chief Minister has thanked both Prime Minister Narendra Modi and Railway Minister Piyush Goyal for launching Kisan railway from Agartala. Agricultural products including jackfruit, pineapple and lemon will be transported from Agartala to New Delhi and from Agartala to Howrah. As Tripura agricultural products are slowly reaching international markets, Tripura will surely reach newer heights of development and popularity. Development comes with participation and hope for further development of the farmers as well as the state.
