

NATIONAL JACK FRUIT DAY

JULY 4TH, 2022



National Jackfruit Day was established by Jackfruitday.com & celebrated annually on July 4th to help raise awareness of this incredible fruit and how it can serve to break our dependence on environmentally damaging meat products.



Jack fruit is presently recognized as a well-liked meat replacement for vegetarians and vegans. It is a healthy source of vitamin C, potassium, dietary fiber, and some other essential vitamins and minerals.

Health Benefits of Jack fruit



Improves Immunity



Improves Digestion



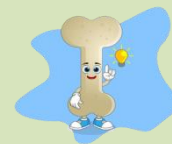
Prevents/Controls Asthma



Improves cardiovascular health



Prevents Ageing



Strengthens Bones

5 Easy steps to grow healthy plant at home

STEP-1



Soak the seeds in water for 24 hours. Rinse it properly and remove the seed coat & Wrap in a tissue paper and keep it dark

STEP -2



After two weeks 5cm long Roots will appear

STEP - 3



A young sporophyte developing out of a plant embryo from a seed. Seedling development starts with germination of the seed.

STEP - 4



STEP -5



Move the seedling outside after it forms 3 to 4 true leaves.

The above Germination experiment was conducted from June 13th, 2022 at EPTRI Campus.