

# NATIONAL JACK FRUIT DAY

JULY 4<sup>TH</sup>, 2022



National Jackfruit Day was established by Jackfruitday.com & celebrated annually on July 4<sup>th</sup> 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 13<sup>th</sup>, 2022 at EPTRI Campus.