

Impact of physico-chemical attributes of breadnut (*Artocarpus camansi* Blanco) fruit harvested at different stages of maturity on post-cooking quality

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Abstract

Breadnut fruits harvested at horticultural maturity, 10 weeks after fruit set, had the best eating quality averaging 4.7 when both flesh and seeds were cooked together and evaluated by a trained panel of 15 persons. Likewise, cooked seeds from ripe fruits harvested 12 weeks after fruit set were highly acceptable with a rating of 4.9. This rating decreased considerably when seeds collected from ripe fruits 12 weeks after fruit set were prolonged in ground storage by an additional 10 and 17 days respectively.