Abstract
Tamang fruit (*Artocarpus nitidus* Trecul subsp griffithii) is a forest fruit which as a childrens favourit who live on the edge of the forest because the tastes sweet and sour. Forest fruit of the jackfruit family, have irregular shape of fruit, fruit skin surfaces smooth, shiny yellowish green when young and reddish orange when mature. Maroon colored flesh, containing seeds. The seeds covered with the flesh such as the other jackfruit. The marron color of the ripe fruit when squeezed can he used as a raw material for produce syrup which taste sweet and sour. In addition the red color obtained from the fruit juice that looks to be studied further to develop a healthy natural dyes and safe for human. These forest fruit plant grows in conservation forest Bukit Barisan Selatan National Park, Resort Kubu Perahu, West Lampung and in the nursery area of Liwa Botanic Garden, although this species have distribution in Sumatera, Borneo, Malay Peninsula and Phillipins.