

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

The Carica fruit is a widely cultivated fruit species that grows in the Dieng region of Central Java. The fruit in concern is categorized as having a plentiful harvest, however, its utilization is incompatible with the quantity of its harvest. The utilization of Carica Dieng fruit in the production of yogurt with Carica flavor is something new. Previously, this fruit was usually utilized by the locals to create various kinds of food, such as candied fruit, dodol, jam, chips, and syrup.

This study tries to introduce carica fruit to wider people using it as a flavoring ingredient in yogurt. This method is particularly advantageous as yogurt is a widely consumed food or beverage familiar and accepted by many people. Furthermore, the utilization of carica fruit in the context of economic development has the potential to enhance the financial well-being of farmers and the local people who primarily depend on this fruit as a food product resource.

5.2 Suggestion

The utilization of carica fruit as a flavoring ingredient in yogurt drinks presents several areas for improvement, particularly regarding its relatively high cost compared with similar products offered by well-known brands. This discrepancy raises concerns about possible consequences for consumer purchasing capacity and subsequent market demand. The issue of the high cost of fresh milk and yogurt starter, which are essential components in the production of this product, necessitates attention during the development process. Specifically, it is necessary to switch from relying on commercially available fresh milk ingredients to utilizing locally sourced materials that possess comparable quality to

those sold in the wider marketplace. Similarly, the current dependence on imported yogurt starters in Indonesia contributes to the high price of the product. Consequently, developing this product requires alternative yogurt starters that are more affordable, while ensuring that the desired result of carica-flavoured yogurt remains unchanged.

The lack of shelf life on a product is a significant concern, especially if it occurs due to not having preservatives. Therefore, it must be done to incorporate food-safe preservatives during the development process of this yogurt product, while ensuring that the ingredients are not changing its flavor.

