

BREADFRUIT - 'ULU

Hawaiian Name: 'Ulu

Common Names: Breadfruit, 'ulu, fruta de pan (Spanish), kuru (Cook Islands), rimas (Philippines)

Scientific Name: *Artocarpus altilis*

Origin: South East Asia and the Pacific

Plant Part Eaten: Fruit



Locally Grown...

- Breadfruit is a staple food throughout Oceania.
- A "canoe plant," 'ulu was brought to Hawai'i by the earliest Polynesian settlers.
- Up until 2010, 'ulu has been grown mainly as a subsistence crop. Formal commercial production in Hawai'i started in 2010, though farms and families have had trees for generations.



Where else it's grown in the world...

South East Asia, the Pacific, the Caribbean, and other equatorial areas.

Nutrition Info...

- An excellent source of fiber.
- A good source of Vitamin C, which helps to keep your body healthy.
- High in potassium, which is essential for proper nervous system function, muscle function, and blood pressure regulation.
- Provides calcium, which is important for strong bones and teeth.



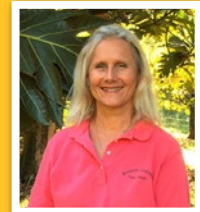
Meet a Farmer...

Farm: Breadfruit Institute

Farmers: Diane Ragone, Director

Location: Kaua'i

Website: ntbg.org/breadfruit



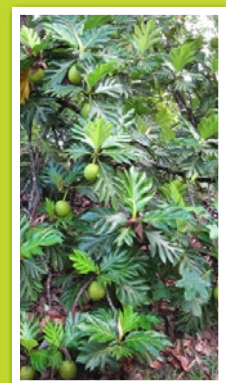
breadfruit.org

The Breadfruit Institute promotes the conservation and use of breadfruit for food and reforestation. The Institute is taking a leading role in the conservation of breadfruit diversity and ethnobotanical research documenting traditional uses and cultural practices involving breadfruit. The Institute manages the largest and most extensive breadfruit collection in the world, with more than 120 varieties. Many Hawai'i schools are now growing 'ulu trees provided by the Breadfruit Institute.

In the Garden...

- Since most 'ulu varieties are seedless, they must be propagated vegetatively from root shoots, root cuttings, and air-layered plants.
- Young plants prefer partial shade. It's best to plant young trees at the start of the rainy season, but water as needed through the first year.
- Dig a hole the same depth of the root ball and twice as wide. Before planting, fill the planting hole with water and allow it to drain into the soil completely before the tree is planted.

- Add soil and compost to fill the hole below and around the young tree.
- Mulching helps keep the soil moist, adds nutrients, and helps control weeds around the tree's root system. Be sure to keep mulch from contacting the trunk to avoid rotting.
- Vegetatively propagated plants produce fruit in 3-5 years; plants grown from seed can take 5-10 years to fruit!





Let's Get Cooking... 'Ulu Hummus

Recipe by
Nina Alena Beatty

Ingredients

- 3 cups cooked 'ulu (1 small 'ulu)
- 1/3 cup tahini
- 1/4 cup lemon or lime juice
- 5 cloves roasted garlic
- 1-1/2 cups water (less if you like your hummus thick)
- 1-1/4 teaspoon cumin
- 1 teaspoon sea salt
- A pinch of fresh ground black pepper

Directions

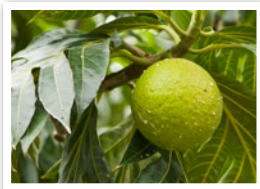
- Pick a firm 'ulu. Cut uncooked 'ulu into quarters. Boil in a large pot, or steam for about 20 minutes or until you can pierce it through with a fork. Cool 'ulu to room temperature. (Tip: lightly oil your knife and cutting board to make for easier cleaning of the sap from the 'ulu.)
- Cut out the core from the 'ulu and discard. You can leave the skin on or peel off with a sharp knife. Cut into 2" chunks. Measure 5½ cups and add to food processor.
- Combine 'ulu, tahini, lemon juice, garlic, cumin, salt, and pepper in the food processor. (Tip: if you are using rock or 'alaea salt, dissolve it first with a little bit of hot water.)
- Add water, a little at a time to the hummus mixture and blend until smooth. (Different types of 'ulu can create different textures of hummus due to the starch content. You may have to alter the amount of water used to accommodate your taste.)
- Serve immediately or keep refrigerated.



'Ulu hummus can be served as a dip for veggies, pita, chips, or crackers.

Use as a spread on sandwiches and wraps, or add water or olive oil to make a salad dressing.

Reminder: Please compost your food waste.



What can you make with breadfruit?



Breadfruit can be used as a substitute for starchy root vegetables, pastas, potato, or rice. It can be eaten in all stages of development. Grated, it makes a great burger. Some like it just boiled, or mashed. As a dessert, cut the top off, scrape the core out, add some butter, sugar and cinnamon and bake. They can be steamed, baked, cooked in an imu or in an open fire.

Did you know?

1. There are hundreds of varieties of breadfruit and over 2,000 documented names.
2. A mature tree can produce 500 pounds of fruit a year.
3. The latex from the tree would be used to catch birds for their feathers. Kukui oil was used to clean the birds feet to then be released.
4. In the West Indies, the yellowing leaf is brewed into a tea used to treat high blood pressure.
5. 'Ulu wood is lightweight and termite resistant and used to build houses and canoes.
6. It got its name due to the color and texture of the starchy white flesh.
7. The inner bark of 'ulu trees can be made into bark cloth (kapa).
8. 'Ulu leaves make beautiful biodegradable table decorations.



Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit www.kokuahawaiifoundation.org/HawaiianHarvest.

Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos by Anthony Ching, Kōkua Hawai'i Foundation, and Shutterstock unless noted otherwise.