

FOOD PREPARATION STEPS



1. Wash breadfruit thoroughly under cool running water.



2. Slice off stem end and opposite end. Stand fruit on flat end and cut skin off.



3. Cut fruit in half, lengthwise, then cut these pieces again.



4. Cut out the inner seed, then cut quartered pieces into small wedges.



5. Steam cut pieces for 10 minutes, or until easily pierced with a fork. Larger pieces may require more cooking time.

Breadfruit is an excellent source of fiber. It is also a good source of vitamin C, which helps to keep your body healthy. 'Ulu is high in potassium, which is essential for proper nervous system function, muscle function, and blood pressure regulation. It also provides calcium, which is important for strong bones and teeth.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Breadfruits of different varieties are available in Hawai'i year-round.
- Breadfruit can be eaten at all stages of maturity. Mature fruits are firm, greenish yellow, with some spots of white sap and brownish cracking around individual sections.
- Ripe breadfruit may be stored in the refrigerator for up to one week.
- There are a variety of ways breadfruit can be prepared: baking, steaming, frying. The whole seeds can be roasted and eaten. Mature fruits can be substituted for potatoes in many recipes. 'Ulu also makes a tasty hummus.

**Seasonality varies with location and from year to year.*

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 produce profile sheets, family take-home letters, produce preparation sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at 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: Anthony Ching and shutterstock.com.