



FOR IMMEDIATE RELEASE

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‘ULU FROM ROOT TO FRUIT— WORKSHOPS ABOUT GROWING AND EATING BREADFRUIT

HOLUALOA, HAWAII - The Breadfruit Institute of the National Tropical Botanical Garden and the Hawai‘i Homegrown Food Network are presenting a workshop entitled *Revitalizing ‘Ulu (Breadfruit) from Root to Fruit* on Saturday, March 12th at the Amy B.H. Greenwell Ethnobotanical Garden in South Kona and Sunday, March 13th at Kua O Ka La Charter School in Puna (near Ahalanui County Park) - both workshops take place from 9:00 am – 4:00 pm. The content of the two workshops is identical.

Workshop participants will learn about the breadfruit tree from root to fruit, including: culture and history, propagation, planting, pruning, fertilizing, harvesting, preparing and eating.

Workshop presenters include Ian Cole, Craig Elevitch and Andrea Dean. Cultural practitioners from each workshop location will share about the culture and history of ‘ulu. Ian Cole is the Collection Manager and Curator for the Breadfruit Institute. He manages the breadfruit collections at Kahanu Garden in Hana, Maui and McBryde Garden in Lawai, Kauai. Craig Elevitch of Agroforestry Net and the Hawai‘i Homegrown Food Network will speak to the role of ‘ulu in traditional agroforestry systems. Andrea Dean, Co-Director of the Ho‘oulu ka ‘Ulu project, will discuss the statewide initiative to revitalize breadfruit.

Cost of the workshop is \$40 per person or \$70 for two. Space is limited and advance registration is required. Register by visiting www.breadfruit.info or by contacting Pedro Tama at pedro@hawaiihomegrown.net or 938-5618. Participants are asked to bring a brown bag lunch or food to share.

Revitalizing ‘Ulu (Breadfruit) from Root to Fruit is a program of *Ho‘oulu ka ‘Ulu*--a project of the Breadfruit Institute of the National Tropical Botanical Garden and the Hawai‘i Homegrown Food Network to revitalize ‘ulu as an attractive, delicious, nutritious, abundant, affordable, and culturally appropriate food that addresses Hawai‘i’s food security issues.