

# PLANT A TREE OF LIFE - GROW 'ULU

## PLANTING GUIDELINES

### How and Where to Plant

The site for your breadfruit should be sunny and have space for a tree, that with careful pruning, you can keep to about 15-20 feet tall and 15-20 feet wide. Look up and make sure buildings, other trees or electric wires are not in the way of the future tree canopy.

For natural air conditioning and shade, plant your tree in the western corner of your yard to make shade in the hot afternoon.

### Site Preparation

After you pick the spot for your tree, start to get rid of any lawn grass. You do not want grass to compete with the young growing tree. Remove all the grass within a 2-3 feet wide circle. Pull out the grass by the roots; smother it with black plastic or layers of wet newspaper.

Rake up leaves, or get tree chips and start making compost to nurture your breadfruit tree. You can also buy compost or soil conditioner. Place this in a mound on the tree planting site (Fig 1 & 2). Water the compost or leaves to activate the natural organic acids they contain to help improve the soil. This will help make it easier to dig the planting hole and will help kill the invasive grass and its persistent roots.

Breadfruit needs good drainage. Do the "hose test." Dig the hole and fill it with water. If the water sits there and doesn't drain after a minute or so, you need to improve the drainage. Dig it out with a pick and add organic material, compost, and coarse cinder. Redo the hose test and make sure the water drains well.

### Planting Hole

The planting hole needs to be exactly as deep as the soil in the one-gallon pot and twice as wide (Fig 1). Dig the hole and measure it. Too deep and the young breadfruit tree will "drown." Too shallow and the roots dry out.

Gently massage and lift the plant out of the pot. Keep the root ball intact. Set it in the planting hole and gently firm the soil around the root ball.

Make a "mulch ring" (Fig 1 & 2) with compost, soil, and organic matter (leaves and tree chips). The mulch ring should be at least 6 inches away from the trunk of the tree and the mulch should not touch the trunk. Think "donut of mulch" rather than a muffin shape piled around the trunk. The purpose of the mulch is to conserve water and slowly release it to the new fine feeder roots of the tree.

Mulch also prevents weeds, adds nutrients for the roots, and keeps the tree roots and grass roots well separated.

### Watering

Water daily gently and thoroughly during the morning or evening hours. You want to make sure to soak the original root zone (the size of the one-gallon pot) and the adjacent soil area where the fine feeder roots are now growing (Fig 3 & 4).

Watch your tree for signs of leaf wilt. If the leaves are wilting, you need to water more. Once established, your tree will need less water. Older trees can survive in hot times and in drier areas, if they were well tended and watered when young.

### Tree Care, Harvest, and Pruning

Young breadfruit trees are very "hungry" and will benefit greatly from fertilizer in the first year. Please consult your local garden center for available products. We recommend a complete fertilizer (N-P-K) along with micronutrients. The trees do not need a heavy application, but fertilizing will greatly help the tree become established. Water your tree and add to the mulch ring as needed. Organic matter breaks down quickly in Hawai'i, so you will need to add more over time.

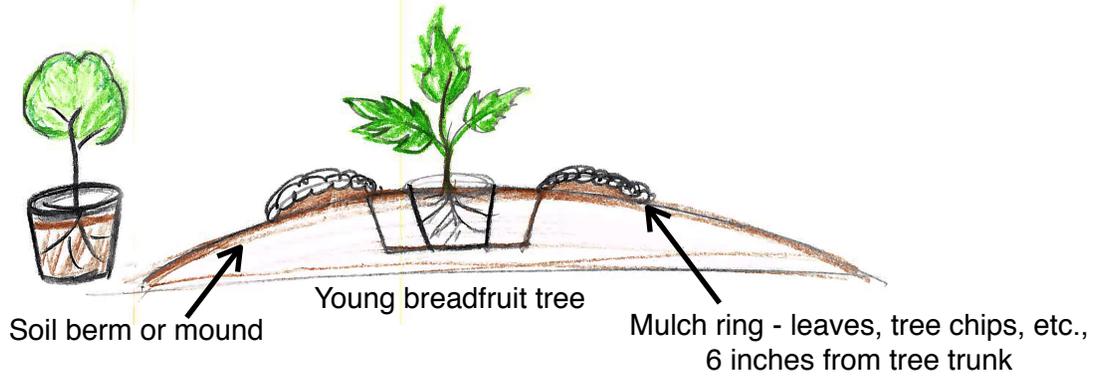
In 2-1/2 to 3 years your breadfruit tree will start to bear fruit.

You can now do some selective pruning if you have a small yard. Keep the lower branches that are easy to reach to pick the fruit. Never cut more than 1/3 of the tree's branches at a time. If you are unsure, get help from a professional arborist or tree trimmer.

***Harvest the fruit, cook and eat it.  
Make this a celebration!***

# BREADFRUIT TREE PLANTING GUIDELINES

Figure 1



**Dig planting hole: 2x as wide as pot and exactly as deep as pot.**

Figure 2

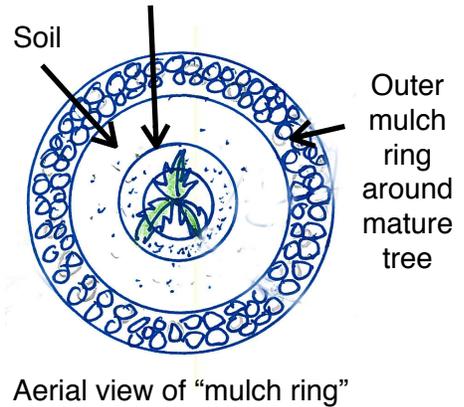
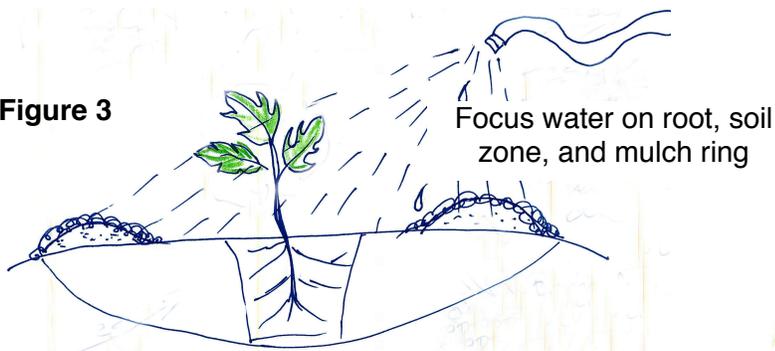


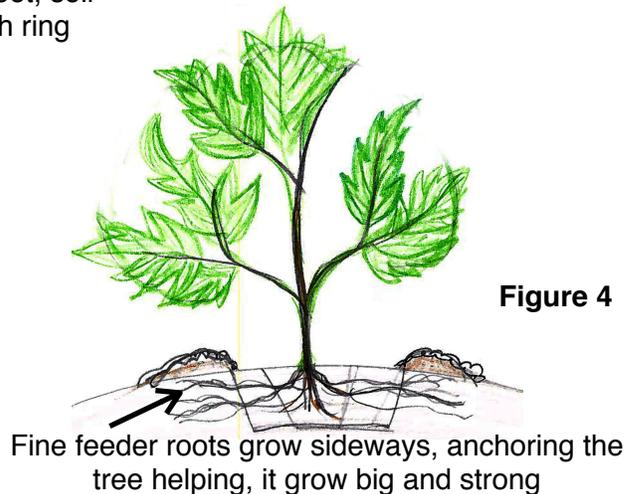
Figure 3



Soak this area daily until young tree is established

Text & Illustrations: Heidi Leianueanue Bornhorst

Figure 4



***Plant a Tree of Life - Grow 'Ulu is supported by a grant from the Ceres Trust***



The Ho'oulu ka 'Ulu project of the Breadfruit Institute of the National Tropical Botanical Garden and the Hawaii Homegrown Food Network aims to revitalize 'ulu (breadfruit) as an attractive, delicious, nutritious, abundant, affordable, and culturally appropriate food which addresses Hawaii's food security issues.

[www.breadfruit.org](http://www.breadfruit.org)



[www.breadfruit.info](http://www.breadfruit.info)

