



Ma'afala variety

**Knowing the best time to pick breadfruit is critical for flour quality.**

- Fruit for flour should be harvested in the early-mature or mature phase at about 16-20 weeks of development.
- Natural cracks in the skin begin dripping sap.
- Stem color changes from deep green to lighter green or green-yellow.
- Flesh immediately under the skin turns from green to white or cream color.
- Skin color turns from bright green to green-yellow.
- Skin texture changes from pointy or bumpy to flat and smooth.



READY



NOT READY

## BREADFRUIT INSTITUTE

The mission of the Breadfruit Institute is to promote the conservation and use of breadfruit for food and reforestation. The Institute manages the world's largest collection of breadfruit, and is engaged in an initiative to promote breadfruit tree planting projects throughout the tropics.

### Contact Us:

Dr. Diane Ragone, Director  
Breadfruit Institute  
National Tropical Botanical Garden  
Email: [breadfruitinstitute@ntbg.org](mailto:breadfruitinstitute@ntbg.org)  
Web: [www.breadfruit.org](http://www.breadfruit.org)



Dr. Susan J. Murch, Professor  
University of British Columbia  
Email: [susan.murch@ubc.ca](mailto:susan.murch@ubc.ca)  
Web: [chem.ok.ubc.ca/faculty/murch.html](http://chem.ok.ubc.ca/faculty/murch.html)



### Want more information?

Jones AMP, et al. (2011) Nutritional and morphological diversity of breadfruit (*Artocarpus*, Moraceae): Identification of elite cultivars for food security. *Journal of Food Composition & Analysis* 24:1091–1102



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## HOW TO DRY & GRIND



## BREADFRUIT



## INTO FLOUR

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NATIONAL TROPICAL BOTANICAL GARDEN



## 1 PREPARATION

For good quality flour, breadfruit should be peeled, cored and any seeds removed prior to slicing. Peel is edible and can be left on the fruit but the resulting flour has lower quality.



## 2 SLICING

Slices should be about 0.5 cm (0.2 inches) thick. A variety of commercial tools are readily available for slicing breadfruit. Simple mandolin-style slicers work well, and other slicers or shredders such as Dynacoupe™, Nemco™ or Hobart™ shredders can be used but may be harder to clean.



## 3 DRYING

Breadfruit slices can be dried in fruit driers such as the Excalibur Dehydrator™ (left) or a system of netting or window screens in a well ventilated shelter protected from the environment (right).



## 4 TIMING

To ensure food quality and safety, breadfruit slices should be dried to less than 10% moisture content within 24 hours. The drying temperature should not exceed 140°F (or 60°C). The dried breadfruit slices should be stored in an airtight container or bags until grinding.



## 5 GRINDING

Dried breadfruit slices should be ground using a burr style mill rather than a plate style mill to avoid overheating the flour and melting the protein and latex. Good examples of burr-style grinders include Bunn G2 Coffee Grinder™ or WonderMill™.



## 6 PACKAGING

Breadfruit flour should be stored in an airtight bag or packaging. The prepared flour has a shelf life of 1-2 years at room temperature if kept dry.

