

MA'AFALA

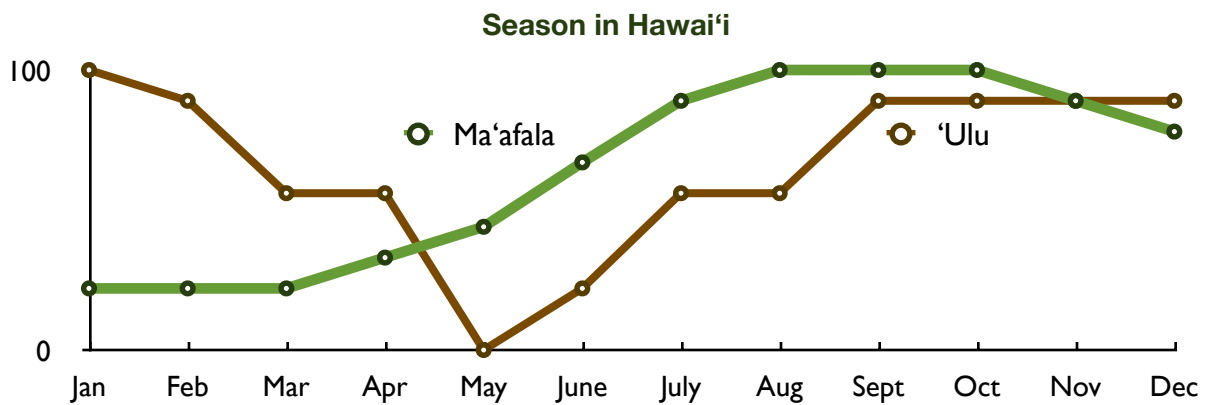
This popular breadfruit variety originated in Samoa and Tonga and has been grown in Hawai'i for decades. Ma'afala is a fast-growing tree that tends to be shorter, with a more compact shape than most breadfruit varieties. Trees can begin bearing fruit in 2-1/2 to 3 years.



16-month-old tree



36-month-old tree



Average seasonality profile of Ma'afala compared to the Hawaiian 'Ulu.



MA'AFALA

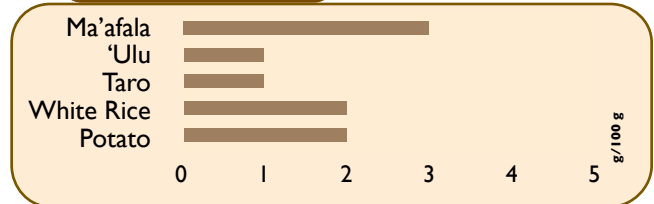


Weight 1.4 - 2.3 lbs (634-1053 g)
1.7 lbs (783g) average

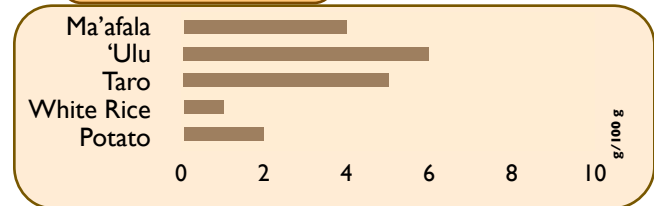
Shape & Size Oval; 5-6" long x 4-5" wide

Edible Portion 83%

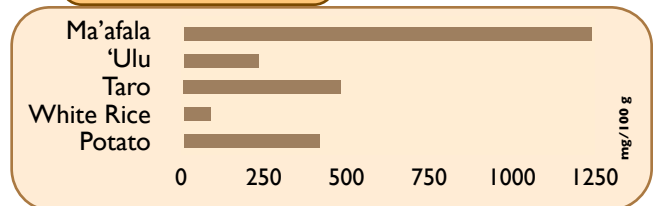
Protein



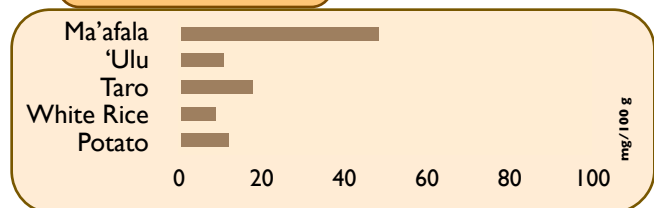
Fiber



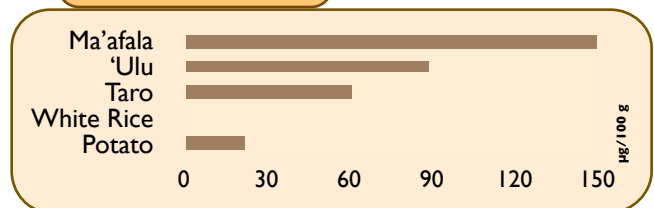
Potassium



Calcium



Carotenoids



Ma'afala produces 150-200, or more, delicious, nutritious fruits per year. The fruit has a creamy to pale yellow flesh and is usually seedless. The flesh has a soft, tender texture when cooked.

Breadfruit is a starchy energy-rich carbohydrate food and is also gluten free. Ma'afala is higher in protein (3.3%) than most breadfruit varieties, and flour made from the dried fruit contains 7.6% protein. It is a good source of fiber and rich in minerals such as potassium, magnesium, and calcium. Ma'afala also provides niacin, thiamin, and riboflavin (B vitamins), Vitamin C, and Vitamin-A producing carotenoids.



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