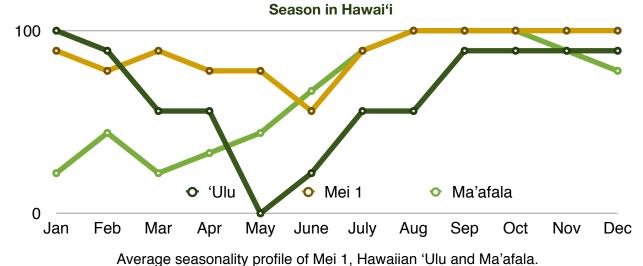
## MEI 1 (PIIPIIA)

This variety was distributed as the variety Piipiia, but it is now correctly identified as a Micronesian variety (Mei 1). It is a fast-growing tree that tends to have the same growth habit as the Hawaiian 'Ulu. Micropropagated trees can begin bearing fruit in 2-1/2 to 3 years.



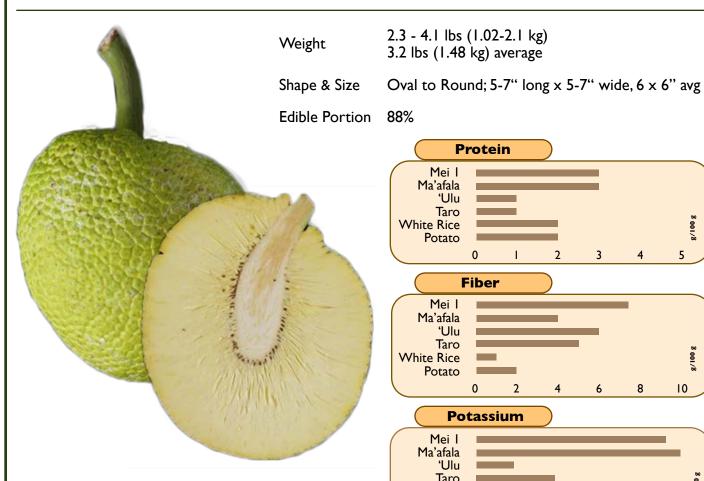






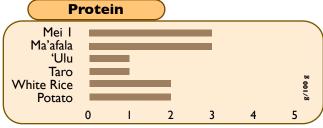
BREADFRUIT INSTITUTE - NATIONAL TROPICAL BOTANICAL GARDEN 3530 Papalina Road, Kalaheo, Kauai, Hawaii 96741 Phone: 808.332.7324 ext 221 Fax: 808.332.9765 www.ntbg.org/breadfruit

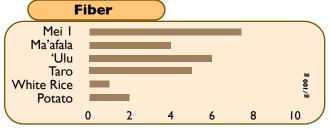
## MEI 1 (PIIPIIA)

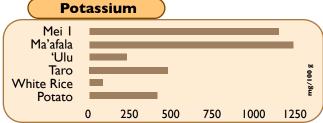


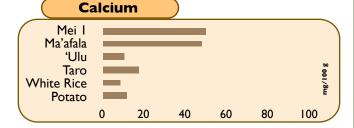
Mei 1 produces 150-200, or more, delicious, nutritious fruits per year. The fruit has a creamy to pale yellow flesh and is always seedless. The flesh has a soft, creamy texture when cooked.

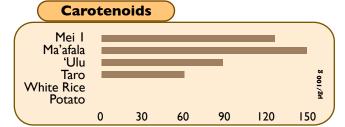
Breadfruit is a starchy energy-rich carbohydrate food and is also gluten free. Mei 1 is a good source of fiber and rich in minerals such as potassium, magnesium, and calcium. It contains (3%) protein and also provides niacin, thiamin, and riboflavin (B vitamins), Vitamin C, and Vitamin-A producing carotenoids.













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