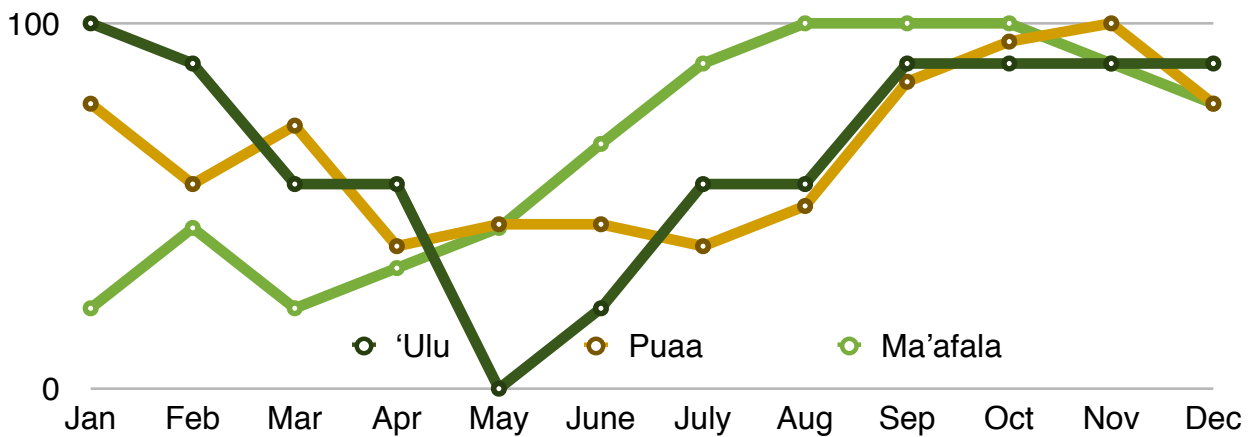


PUAA

This Tahitian breadfruit variety is available for the first time in Hawaii. Puaa is a fast-growing tree that tends to have the same growth habit as the Hawaiian 'Ulu and other Tahitian varieties. Micropropagated trees are vigorous and fast-growing and can begin bearing fruit in 2-1/2 to 3 years.



Season in Hawai'i



Average seasonality profile of Puaa, Hawaiian 'Ulu and Ma'afala.



PUAA



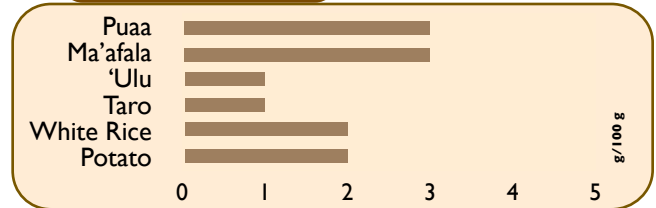
Weight 2.2 - 5.1 lbs (0.98-2.3 kg)
3.5 lbs (1.82 kg) average

Shape & Size Oval; 5-7" long x 5-7" wide, 6 x 6" avg

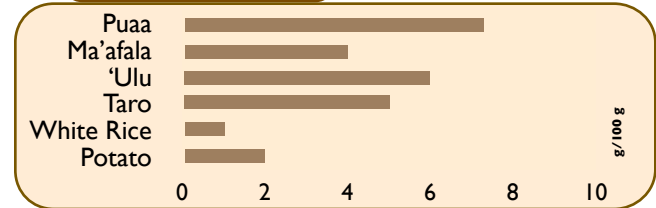
Puaa produces 150-200, or more, delicious, nutritious fruits per year. The oval fruit has a white to pale yellow flesh and is always seedless. The flesh is solid and dense and has a firm, yet tender, texture when cooked. The fruit stores well, and can stay firm for several days after harvest. It is best steamed or boiled. It is delicious in traditional or contemporary dishes.

Breadfruit is a starchy energy-rich carbohydrate food and is also gluten free. Puaa 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.

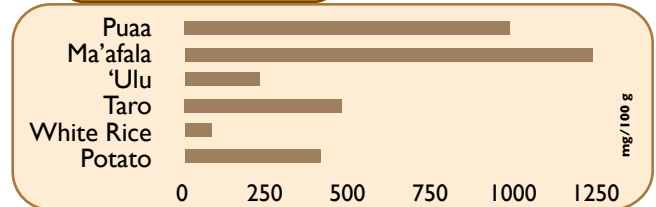
Protein



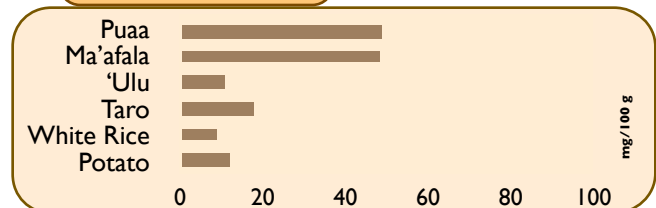
Fiber



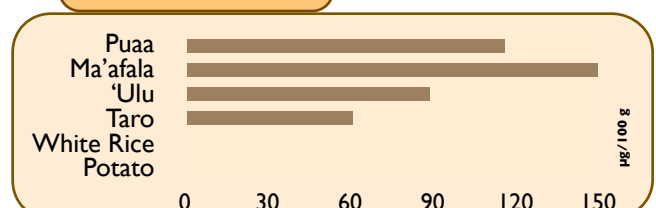
Potassium



Calcium



Carotenoids



BREADFRUIT INSTITUTE - NATIONAL TROPICAL BOTANICAL GARDEN

www.ntbg.org/breadfruit

www.facebook.com/BreadfruitInstitute

