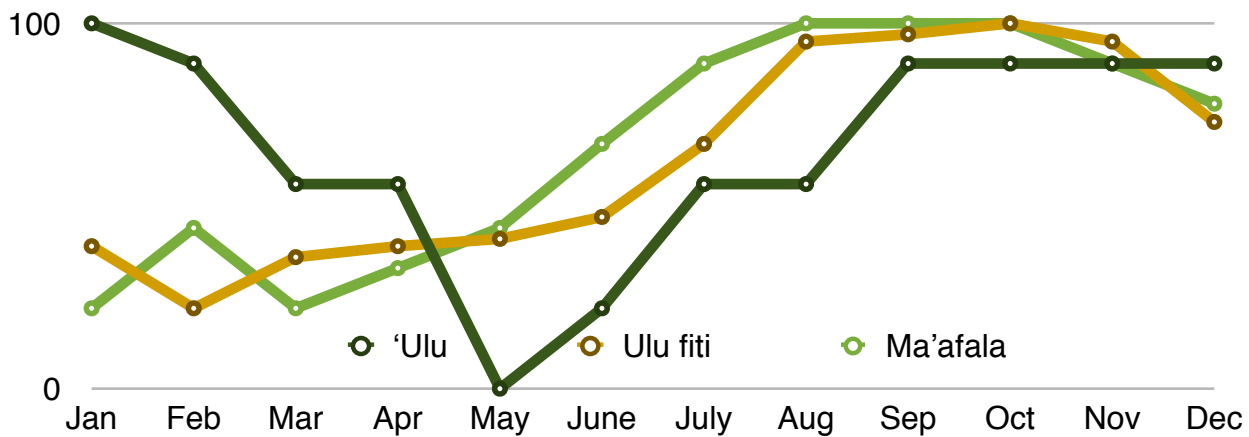


ULU FITI

This outstanding breadfruit variety is available for the first time in Hawaii. It produces an abundance of large, delicious fruit. Ulu fiti is a fast-growing tree that tends to have the same growth habit as the Hawaiian 'Ulu and Tahitian varieties. Micropropagated trees can begin bearing fruit in 2-1/2 to 3 years.



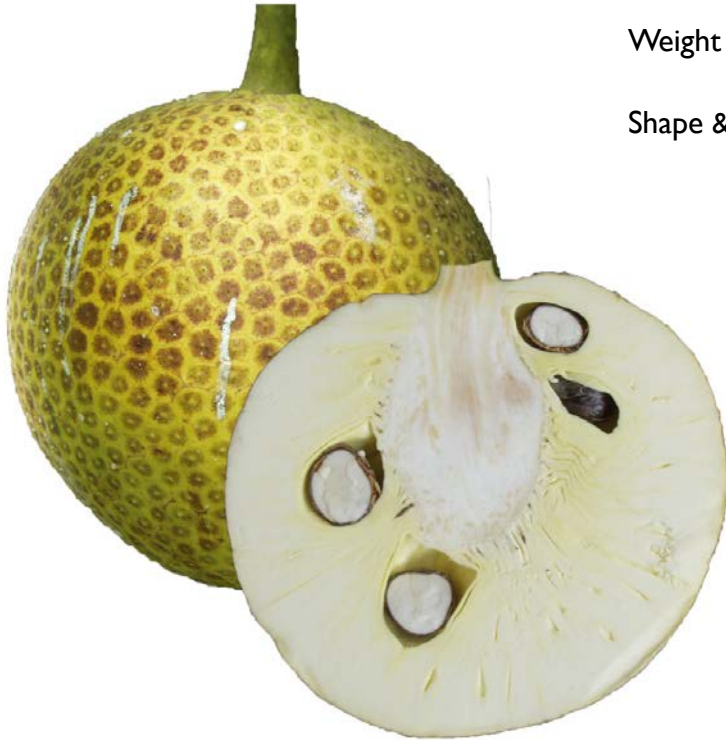
Season in Hawai'i



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



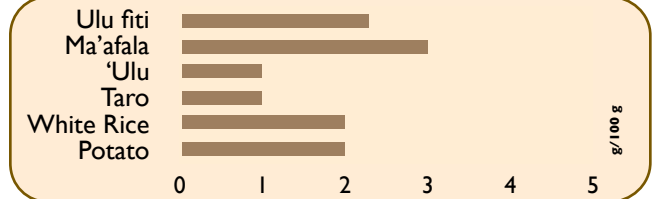
ULU FITI



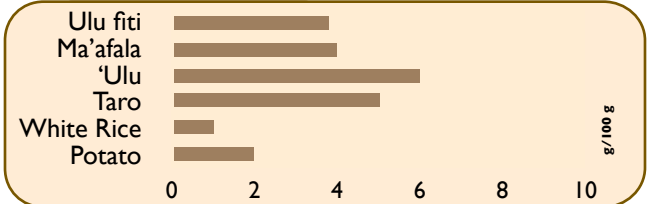
Weight 2.4 - 6.2 lbs (1.1-2.8 kg)
4 lbs (1.8 kg) average

Shape & Size Round; 5 - 8" long x 5 - 8" wide, 7 x 6" avg

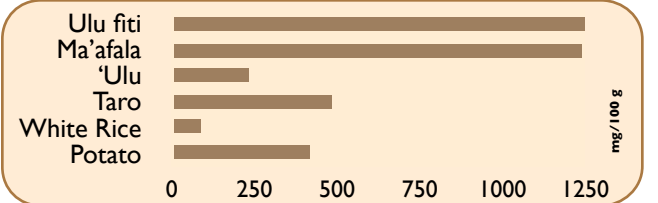
Protein



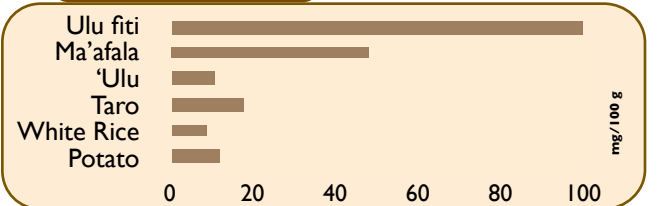
Fiber



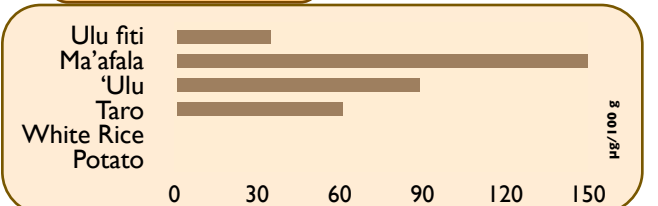
Potassium



Calcium



Carotenoids



Ulu fiti is an abundant producer and can easily produce 200, or more, delicious, nutritious fruit per year. It has a large round fruit with a smooth yellow skin. The yellow flesh contains a few seeds. It is not as dense and the typical solid starchy varieties like the Hawaiian 'Ulu and Otea. It makes excellent fries and is delicious however it is prepared.

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

This is the first time this variety is available in Hawaii. It was collected on the island of Rotuma in the early 1960s and a few trees were planted at an agriculture station in Samoa where it is known as Ulu falaoa. This variety is now conserved in the Breadfruit Institute's breadfruit collection.



BREADFRUIT INSTITUTE - NATIONAL TROPICAL BOTANICAL GARDEN

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