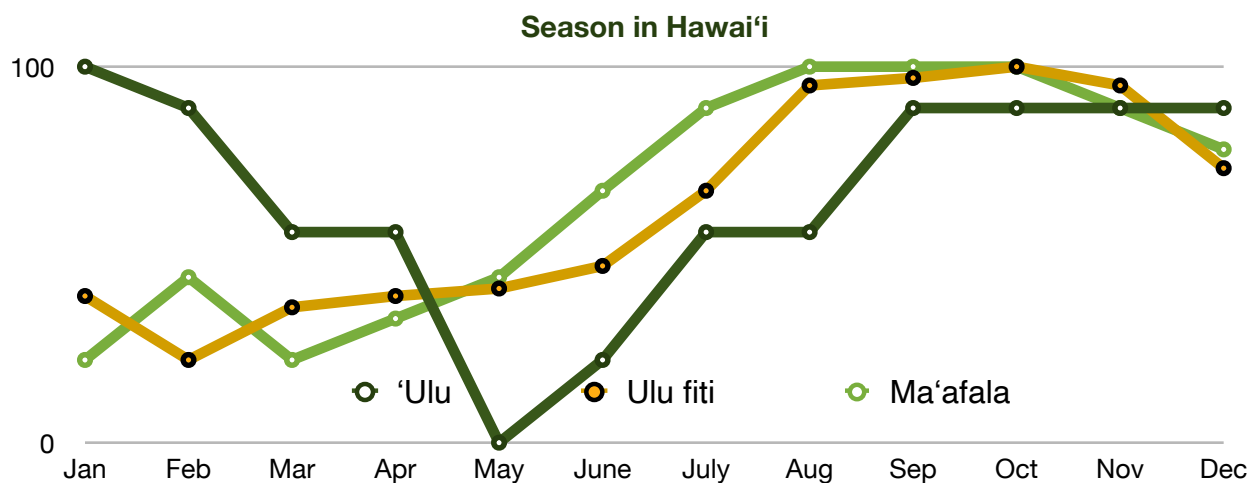


# HAWAIIAN 'ULU

'Ulu Maoli, also referred to as 'Ulu, is one of several canoe plants brought to Hawai'i by Polynesian voyagers as they settled the islands. Fundamental for food security and medicinal uses in Pacific Islands, for centuries breadfruit has been adjusting in the Hawaiian context of climates, landscapes and human management. The Hawaiian 'Ulu variety tends to has fruit from the middle of summer to late fall and has good productivity in well-watered deep soils, that drain nicely and are not too close to salty areas.



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



**BREADFRUIT INSTITUTE - NATIONAL TROPICAL BOTANICAL GARDEN**

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# HAWAIIAN 'ULU

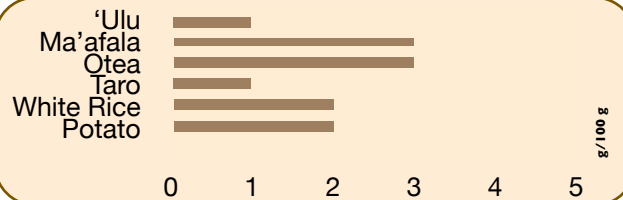


**Weight** 1.9 - 4.0 lbs (0.9 – 1.8 kg)  
2.8 lbs (1.3 kg) average

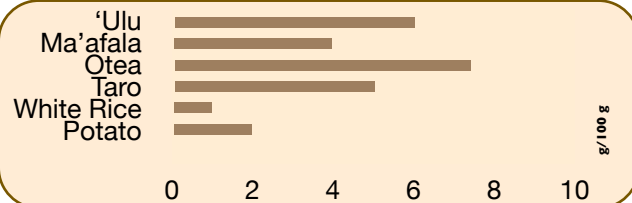
**Shape & Size** Oblong, spherical to irregular  
5 - 7" long x 5 - 6" wide

**Skin Texture** Sandpapery

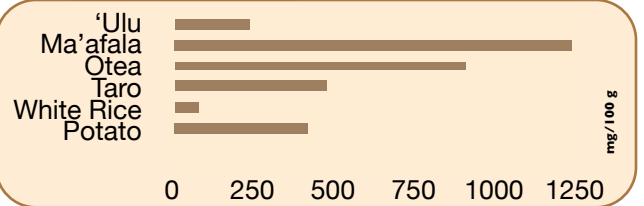
## Protein



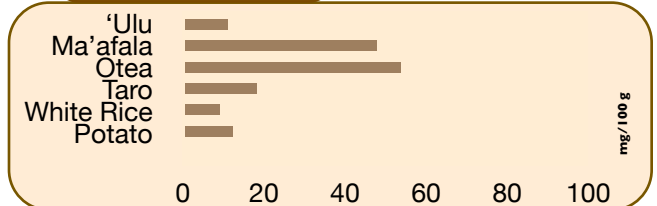
## Fiber



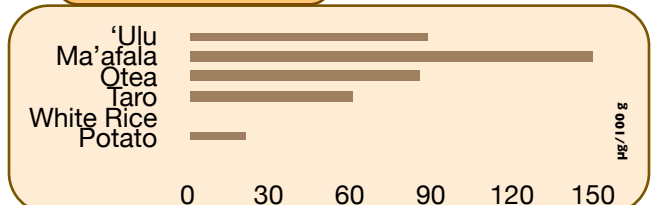
## Potassium



## Calcium



## Carotenoids



Historically, Hawaiian 'Ulu has been cultivated across a wide range of elevations, from 10 to 2,600 feet above sea level. Hawaiian 'Ulu is resilient, able to receive rainfall as little as 14 to 145 inches annually.

Hawaiian 'Ulu fruit flesh is creamy to pale yellow in color. In general fruits are seedless with dense texture.

'Ulu is a highly nutritious carbohydrate-rich food that is also gluten-free. It is a valuable source of dietary fiber and essential minerals. Additionally, it provides beneficial carotenoids, important B-complex vitamins, such as niacin, thiamin, riboflavin, as well as Vitamin C.



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