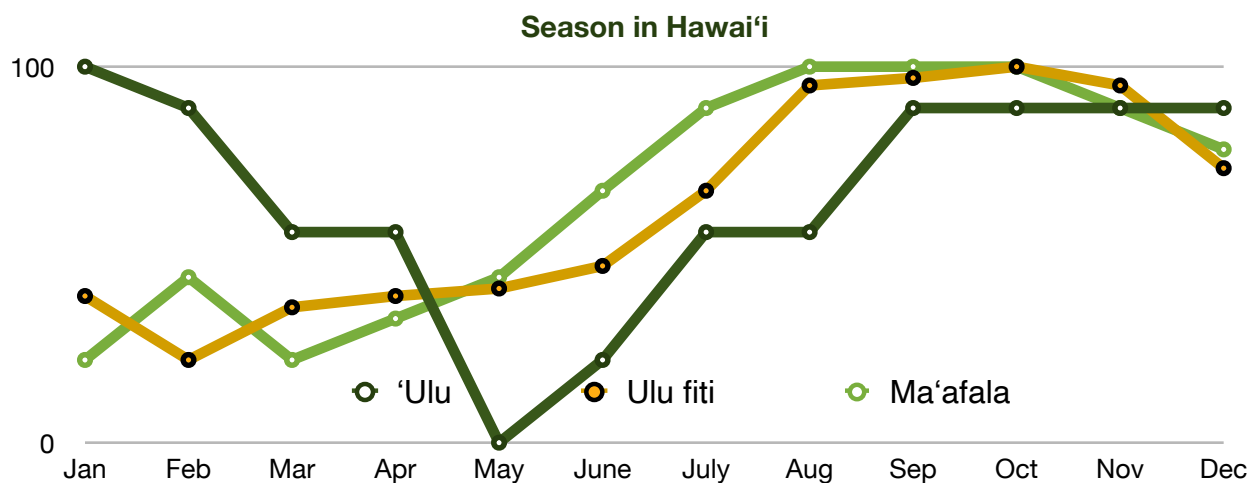
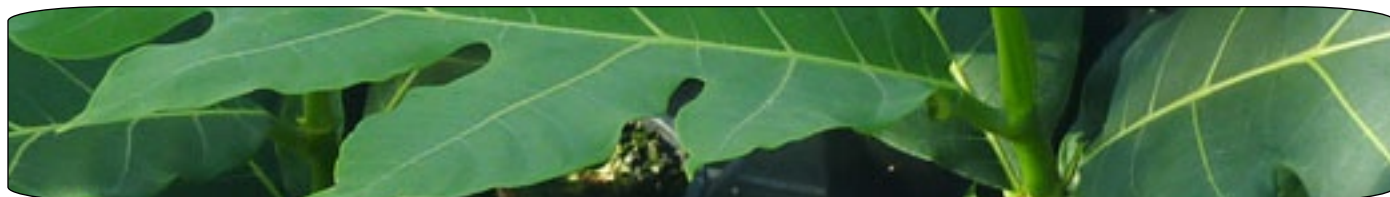


‘ULU

‘Ulu maoli, or ‘Ulu, is one of several important plants brought to Hawai‘i by Polynesian voyagers as they settled the islands—collectively known as “canoe plants.” Hawaiian breadfruit trees are fast-growing and long-lived, often reaching 40 to 60 feet in height with wide canopies that provide both food and shade. Though seasonality varies somewhat by climate and location, in Hawai‘i the ‘ulu season generally runs from mid-summer to late fall.



Average seasonality profile of ‘Ulu, Ulu fiti and Ma’afala.



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'ULU

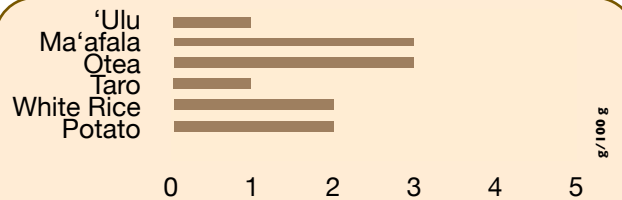


Weight 1.9 - 4.0 lbs (0.9 – 1.8 kg)
2.8 lbs (1.3 kg) average

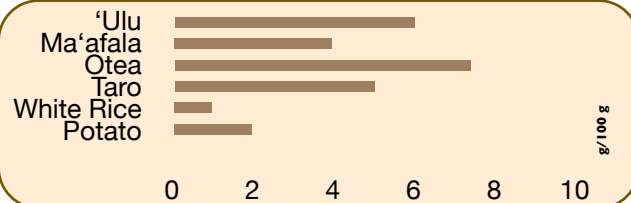
Shape & Size Oblong, spherical to irregular
5 - 7 in long x 5 - 6 in wide

Skin Texture Sandpapery

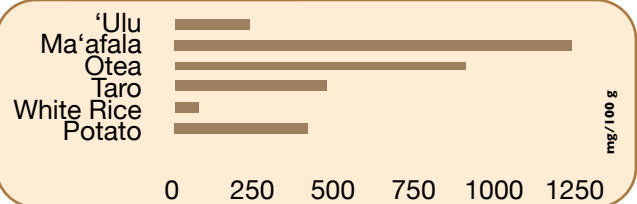
Protein



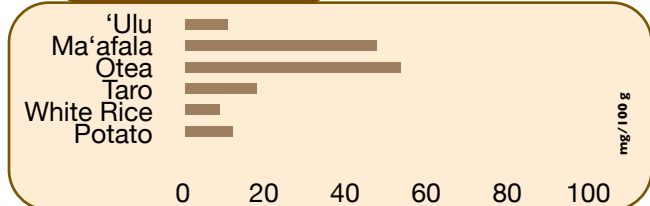
Fiber



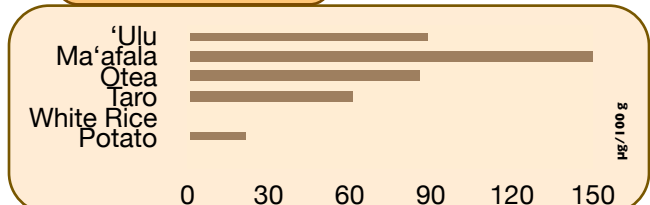
Potassium



Calcium



Carotenoids



Historically, 'Ulu has been cultivated across a wide range of elevations in Hawai'i, from about 10 to 2,600 feet above sea level. It is a resilient crop, capable of thriving in areas that receive anywhere from 14 to 145 inches of annual rainfall.

The fruit's flesh ranges from creamy to pale yellow in color. 'Ulu fruits are seedless with a dense, starchy texture, giving them the versatility to be prepared in both sweet and savory dishes.

Nutritionally, 'Ulu is a carbohydrate-rich, gluten-free food providing dietary fiber and essential minerals. It is also a source of beneficial carotenoids, key B-complex vitamins such as niacin, thiamin, and riboflavin, as well as vitamin C.



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