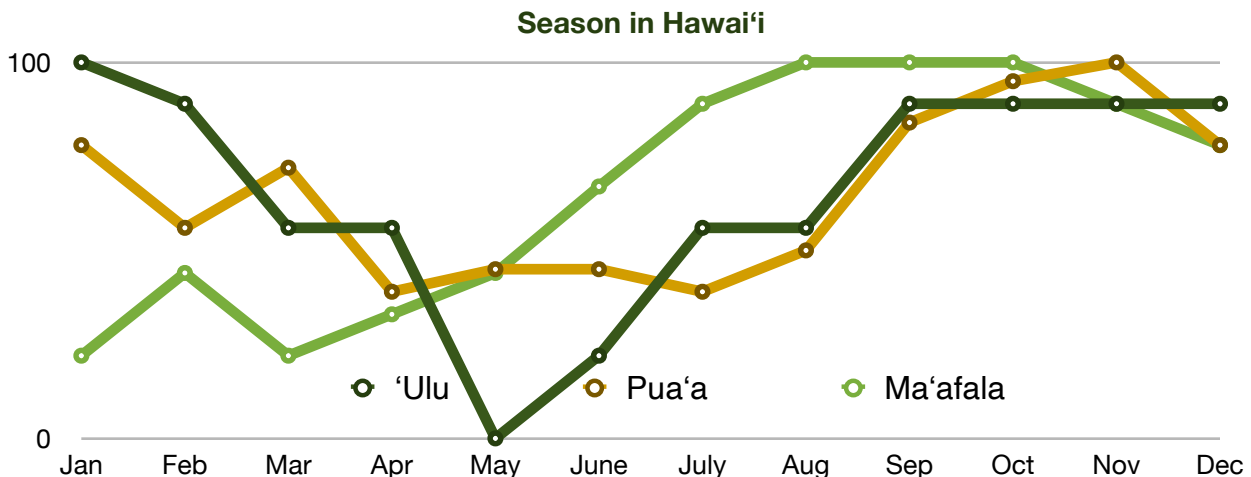


# PUA'A

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



Average seasonality profile of Pua'a, Hawaiian 'Ulu and Ma'afala



# PUA'A



**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

Pua'a 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 prepared in traditional or contemporary dishes.

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

