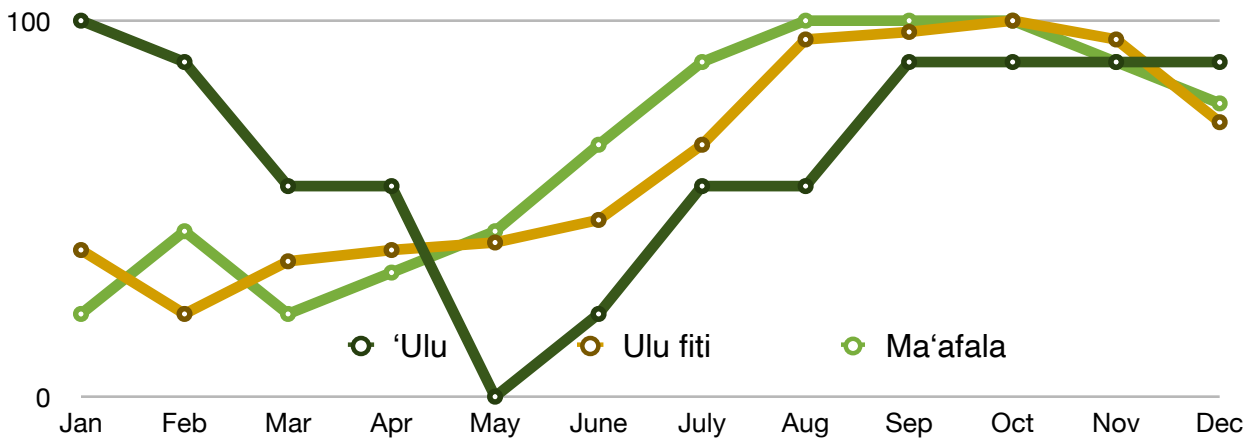


ULU FITI

This outstanding breadfruit variety is available in Hawai'i. 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. Ulu fiti 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



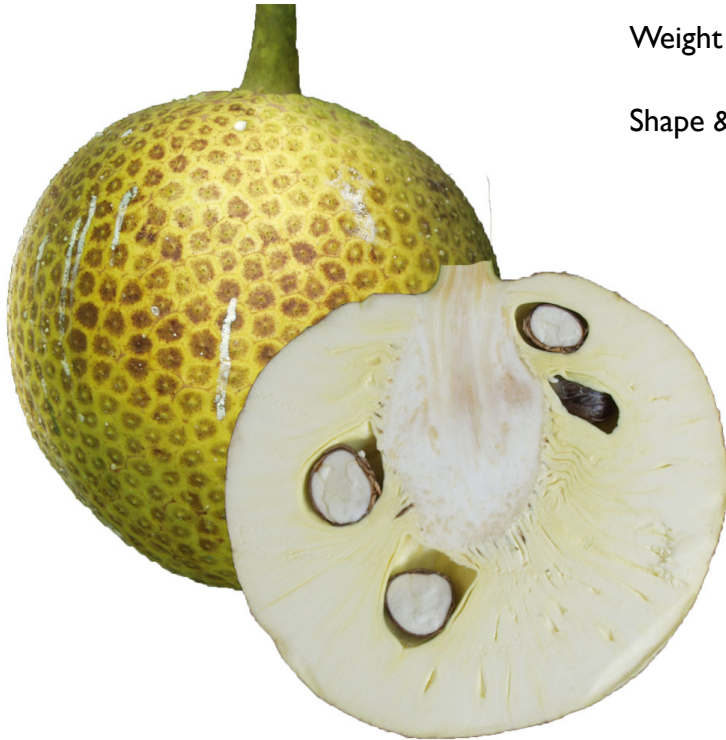
BREADFRUIT INSTITUTE - NATIONAL TROPICAL BOTANICAL GARDEN

3530 Papālina Road, Kalāheo, Kaua'i, Hawai'i 96741

www.ntbg.org/breadfruit | 808.332.7324 ext 221 | breadfruitinstitute@ntbg.org



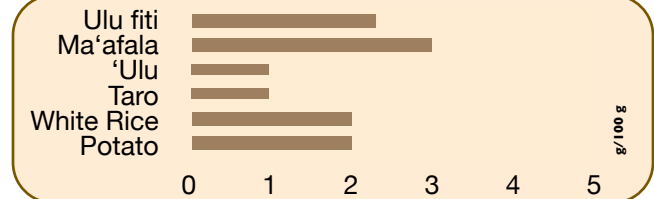
ULU FITI



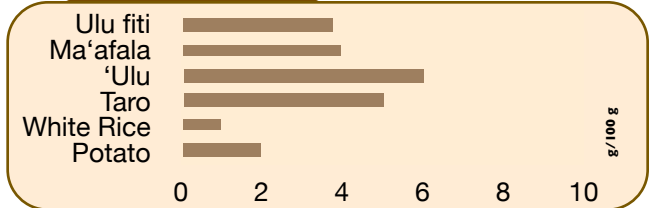
Weight 2.4-6.2 lbs (1.1-2.8 kg)
4 lbs (1.8 kg) average

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

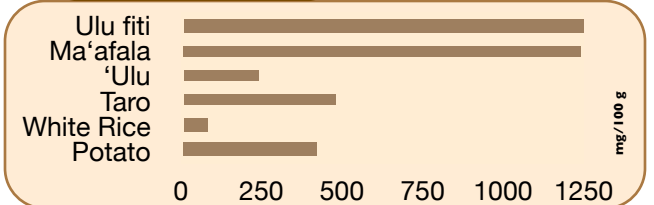
Protein



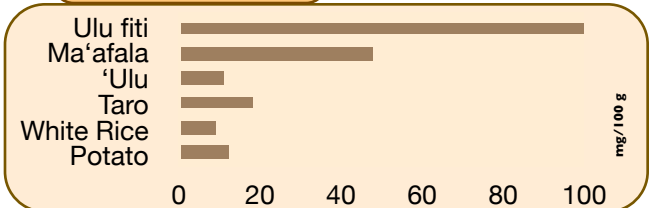
Fiber



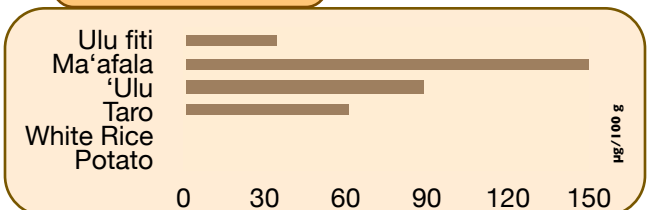
Potassium



Calcium



Carotenoids



Ulu fiti is an abundant producer and can easily produce 200 or more fruit per year. It has a large round fruit with smooth yellow skin. The yellow flesh contains a few seeds. It is not as dense as 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 that is also gluten free. Ulu fiti is very nutritious, 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.

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 living collection.

