

From our farms to your school

Get 'ono for 'ulu!

What would you do with 'ulu?



Beef Stew



Mashed 'Ulu



'Ulu Bread



'Ulu Chips



'Ulu Stir-Fry



'Ulu Mochi



'Ulu Poké



'Ulu Pancakes



Follow [@hawaiiulucoop](https://www.instagram.com/hawaiiulucoop) and [#ainaponohawaii](https://www.instagram.com/ainaponohawaii) on Instagram for recipes and info about 'ulu, Hawai'i's most versatile and sustainable heritage crop.

Learn more about the Hawai'i 'Ulu Cooperative at eatbreadfruit.com