

What would you do with 'ulu?



Beef Stew



'Ulu Stir-Fry



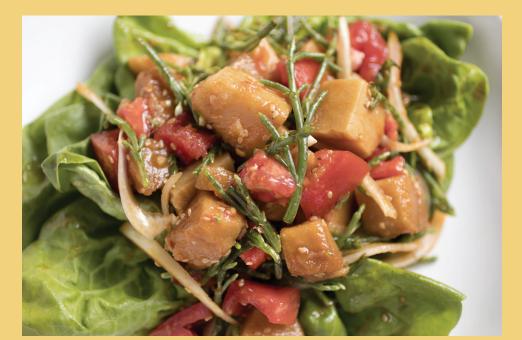
Mashed 'Ulu



'Ulu Mochi



'Ulu Bread



'Ulu Poké



'Ulu Chips



'Ulu Pancakes



Follow **@hawaiiulucoop** and **#ainapono** 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