

There are over 200 known cultivars of breadfruit

Popular cultivars grown in Hawai'i:

'Ulu Maoli, (Hawaiian)
Otea, 'Ulu Fiti, Ma'afala, Lipet, Ma'opo, Pu'ou

BREADFRUIT IS SEASONAL

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

MONTHS MAY VARY BY VARIETY & LOCATION.

PROPAGATION METHODS:

- Air Layers
- Root Runners
- Stem Cuttings
- Tissue Culture

PRUNING

Trees should be topped at 6 ft. to 12 ft. every 1-2 years. Maintain tree height to no more than 18 ft. for easy harvest

'Ulu was originally brought to Hawai'i by Polynesian voyagers as root suckers carefully wrapped in coconut fibers stored in woven baskets.

Grow BREADFRUIT

Artocarpus altilis

A starch that grows on a tree!

AVERAGE YIELD PER TREE
300 lbs./year

3 to 6 years until first harvest

9 to 11 years until full production

7 'ulu trees can supply the total caloric needs of one adult over 1 year

IDEAL GROWING CONDITIONS

- Rainfall: 60 to 157 in./yr.
- Temps: 70 to 90 °F
- Elevation: below 1500 ft.
- Soil: deep and fertile
- Spacing: 25 to 40 ft.
- pH Range: 5 to 6.5

Cultural Uses

- Bark: Kapa (cloth) making
- Latex: Chewing gum, Caulking
- Flowers: Medicine, Lei making
- Leaves: Fans, Food wrap, Plates
- Trunks: Construction, Canoes, Surfboards, Furniture, Crafts and Drums

'Ulu trees can live **50 to 100 years!**

'ULU AGROFORESTRY

Traditional breadfruit production in Hawai'i was done almost exclusively through **agroforestry** because it allowed for increased production, resilience, and sustainability across many different microclimates and geologies.



New flower

Fully developed flower

Forest Farming / Multi-Story Cropping

Harvesting

Postharvest

got 'ulu?

Sell your excess breadfruit to the Hawai'i 'Ulu Co-op!
ulu.coop/join-us



LEARN MORE AT

WWW.ULU.COOP/BREADFRUITPRIMER

