

'Ulu



Scientific Name: *Artocarpus altilis*

Origin: Malaysia to Pacific, Polynesian

Introduced - "Canoe" Plant



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'Ulu is the traditional variety of breadfruit grown through Hawai'i for centuries. It was one of the 'canoe plants' brought by early Polynesian settlers. There are numerous chants, proverbs, and legends about breadfruit. Breadfruit is one of the highest-yielding food plants, with a single tree producing up to 200 or more grapefruit-sized fruits per season, requiring limited care. It grows best below elevations of 650 metres (2,130 ft), but is found at elevations of 1,550 metres (5,090 ft). Preferred soils are neutral to alkaline (pH of 6.1–7.4). With its high nutritional value, gluten-free status, and moderate glycemic index, breadfruit can be prepared similarly to a potato.



Full sun / Partial shade

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Moist



Well Drained



Medium



Greenish; inconspicuous



Height: 30 - 50 ft

Width: 30 - 50 ft



Edible



Ramon Gonzalez