

FY24 Product Catalog

March 2024





Bulk Frozen 'Ulu Line

'Ulu varies in taste and texture. We aggregate, sort, and prepare four different specifications based on the level of ripeness, skin on or off, cook-times, and cuts.



Mature 'Ulu (Breadfruit) Quarters, Peeled

Partially Cooked, in 5-lb. bags or 30-lb. loose cases

CODE	MINIMUM	LBS / CASE	LBS / PALLET	CASES / PALLET
MQP1-5	3 cases	10	1,080	108
MQP1-30	1 case	30	1,050	108



Mature 'Ulu (Breadfruit) Quarters, Skin-On

Fully Cooked, loose in 30-lb. box liner

CODE	MINIMUM	LBS / CASE	LBS / PALLET	CASES / PALLET
MQS2-30	1 case	30	1,050	35

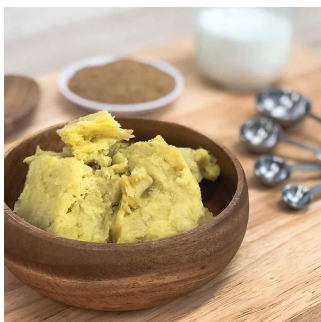


Ripe 'Ulu (Breadfruit) Quarters, Skin-On

Fully Cooked, in 5-lb. bags

A subtly sweet taste and moist texture - similar to sweet potatoes or pumpkin.

CODE	MINIMUM	LBS / CASE	LBS / PALLET	CASES / PALLET
RQS2-5	3 cases	10	1,080	108



Baker's Ripe 'Ulu (Breadfruit), Peeled

Fully Cooked, in 5-lb. bags

The super soft and sweet fruit is scooped out of its skin, steamed and frozen for use in desserts, breads, batters, ice cream, smoothies, sauces, and more.

CODE	MINIMUM	LBS / CASE	LBS / PALLET
BRP2-5	3 cases	10	1,080

Frozen Products Shelf-life: 2 years frozen; 10 days refrigerated.

For questions: info@eatbreadfruit.com
 Place an order: orders@eatbreadfruit.com
 KONA: (808) 322-3064 HILO: (808) 796-3277





Bulk Frozen Hawai'i-Grown Staples Line

Our goal is to make it easy for commercial kitchens to incorporate Hawai'i-grown staples into every meal. The bulk crops below are cleaned, cut, steamed, and frozen; saving valuable prep time for food service applications.

Discounted bulk 30-lb. cases packed loose available upon request.



Bulk Frozen 'Uala (Sweet Potato)

'Uala (Okinawan sweet potato) – cut, peeled, fully cooked, packed in 5-lb. zipper bags.

CODE	MINIMUM	LBS / CASE	LBS / PALLET
SPP2-5	1 case	25	875



Bulk Frozen & Cooked Kalo (Taro)

Kalo (taro) – cut, peeled, fully cooked, packed in 5-lb. zipper bags.

CODE	MINIMUM	LBS / CASE	LBS / PALLET
TAP2-5	1 case	25	875



Bulk Frozen Pala'ai (Orange Pumpkin / Winter Squash)

Pala'ai (pumpkin/kabocha squash) – cut, skin on, partially cooked, packed in 5-lb. bags.

CODE	MINIMUM	LBS / CASE	LBS / PALLET
KABO-5	1 case	25	875



Kalo Poi Frozen

Poi – frozen and packed in 10-lb. bags flat. Made in our Kona facility from kalo production off-cuts.

CODE	MINIMUM	LBS / CASE	LBS / PALLET
POI-10	1 case	30	1050

Frozen Products Shelf-life: 2 years frozen; 10 days refrigerated.

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Retail Products - Made in Hawai'i

We offer a range of consumer packaged goods for grocery shoppers that are looking to support local. The products below are manufactured on the Kona side of the Big Island of Hawai'i.



3 oz. 'Ulu Chocolate Mousse

Our gluten-free 'Ulu Lā chocolate mousse is made with only 4 simple ingredients: ripe 'ulu, rich dark chocolate, pure coconut milk, and local honey. Shelf-life: 2 years frozen; 17 days refrigerated. Best enjoyed served thawed for 10 minutes from frozen; or from the refrigerator. Available in 3 oz. branded containers or 4 lb. bags.

CODE	MINIMUM	UNITS PER CASE	MSRP
CM03	4 cases*	30	\$5.50
CM64	1 case	8	-

*Minimum: 1 case for local pick up or can mix and match with frozen retail items and flours



8 oz. 'Ulu Hummus, Inamona Mac Nut Flavor

Made with mature Hawai'i-grown 'ulu, this gluten-free hummus features local roasted kukui nuts ('inamona), mac nuts, and sea salt for a distinctly Hawaiian flavor. Available in 8 oz. branded containers or 4 lb. bags. Shelf-life: 2 years frozen; 17 days refrigerated.

CODE	MINIMUM	UNITS PER CASE	MSRP
HI08	2 cases	20	\$6.00
HI64	1 case	8	-

12 oz. Recipe-Ready Freezer Packs

These portions are a quick and convenient way to enjoy locally grown staples. If defrosted, steam for 5 minutes; if frozen, steam for 10 minutes. Then incorporate into your favorite recipe!



CODE	STAPLE CROP	UNITS PER CASE	MSRP
MQP1-R	Mature 'Ulu (Breadfruit)	5	\$8.00
TAP2-R	Kalo Pa'a (Fully Cooked Taro)	5	\$8.00
KAB0-R	Pala'ai (Orange Squash)	5	\$7.50
SPP1-R	'Uala (Okinawan Sweet Potato)	5	\$7.50

Recipe-Ready Products Shelf-life: 2 years frozen; 10 days refrigerated.

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CSA's & Nonprofits

We offer a range of peeled, cut and pre-steamed frozen produce for local CSA's and community nonprofits to feature in their food distribution programs.



12 oz. Clear Bags - Recipe-Ready Freezer Packs

These portions are pre-cooked, cut, and steamed – making it easy to enjoy home-cooked meals using traditional Hawaiian crops. If defrosted, steam for 5 minutes; if frozen, steam for 10 minutes. Then incorporate into your favorite recipe!

CODE	STAPLE CROP	UNITS PER CASE	MSRP
MQS2-12	Mature 'Ulu (Breadfruit)	25	\$7.50
TAP2-12	Kalo Pa'a (Fully Cooked Taro)	25	\$7.50
KAB0-12	Pala'ai (Orange Squash)	25	\$7.20
SPP1-12	'Uala (Okinawan Sweet Potato)	25	\$7.20

Minimum: 1 case



12oz. Clear Bags - By the Pallet

Our recipe-ready frozen starches make the perfect meal kits for programs looking to source local staples to feed Hawai'i's families in need. Nonprofits can get a weekly order of 1,050 units of any combination of our staple crops on based on our available inventory each week. Full pallet orders qualify for a discount per unit.

CODE	STAPLE CROP	UNITS PER PALLET
TAP2-12	Kalo Pa'a (Fully Cooked Taro)	875
KAB0-12	Pala'ai (Orange Squash)	875
SPP1-12	'Uala (Okinawan Sweet Potato)	875

**Please reach out for a quote if you would like to build freight and delivery costs into the price per unit.*

Recipe Ready Products Shelf-life: 2 years frozen; 10 days refrigerated.

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'Ulu Flour Line

'Ulu makes one of the best gluten-free flours around, with three times the fiber of all-purpose flour. It offers a wonderful texture in baked goods and makes a great soup and sauce thickener.



All-Purpose 1:1 'Ulu (Breadfruit) Flour Baking Mix

A blend of 'ulu flour with cornstarch, rice flour, potato starch, nonfat dry milk, tapioca starch and xanthan gum. Gluten free. Contains dairy.

CODE	UNIT SIZE	CASE PACK	MSRP
APMIX-R	16 oz. Retail	5 per case	\$20.00



'Ulu (Breadfruit) Flour

100% pure 'ulu flour made with Hawai'i-grown breadfruit. Gluten free.



CODE	UNIT SIZE	CASE PACK	MSRP
UFLW-R	12 oz. Retail	5 per case	\$22.00



'Ulu (Breadfruit) Flour in Bulk

Bulk 25-pound cases are packed with five 5-lb zipper bags.
30-pound case includes one 30-pound bag.

CODE	TYPE	CASE PACK
AP-MIX5	All Purpose Mix	25 lbs. box
UFLW-5	100% 'Ulu Flour	5 lbs. bag
UFLW-30	100% 'Ulu Flour	30 lbs. box

Nutrition Facts

Per 100g	'Ulu Flour	Wheat Flour All Purpose, White, Enriched, Bleached
Calories	333 cal	364 cal
Protein	3.33g	10.3g
Fat	0g	0.98g
Dietary Fiber	10g	2.7g
Glycemic Index	47 to 65	72

'Ulu Flour Shelf-Life:

Store in an airtight container in a cool, dry place for up to two years.

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Traditional Staples vs. Imports: A Health & Nutritional Analysis



Delve into the nutritional benefits of local staples like breadfruit, taro, pumpkin, and sweet potato compared to imported starches such as white rice and white potato. Discover how embracing these traditional options with a low glycemic index can contribute to heart health, balanced metabolism, and reduced risk of Type 2 Diabetes.

Find more health & nutrition resources at: eatbreadfruit.com/blogs/health-and-nutrition

Per 100g Cooked	'Ulu	Kalo	'Uala	Pala'ai	White Rice	White Potato	Nutritional Benefit
Protein	1.07g	0.52g	0.67g	1.18g	2.69g	1.96g	Protein is crucial for muscle health, cell structure, enzyme function, immune support, and various physiological processes in the body.
Calories	103 cal	142 cal	147 cal	47 cal	130 cal	93 cal	Consuming an appropriate number of calories is essential for maintaining energy balance and supporting various physiological functions.
Fat	0.23g	0.11g	0g	0g	0.28g	0.1g	Fats are a concentrated source of energy, providing more than 2x the calories per gram compared to carbs and proteins.
Dietary Fiber	4.7g	5.1g	3.33g	2.35g	0.4g	1.5g	Fiber aids digestion, feeds gut bacteria, and supports nutrient absorption. Promotes regular bowel movements and reduces risks like diverticulosis and hemorrhoids. Also, it provides a slow-release energy source.
Glycemic Index	47-72	53	54	66	73	78	A low glycemic index helps prevention of coronary heart disease, increase feelings of fullness to regulate food intake, and helps with glucose and lipid metabolism. Improves insulin sensitivity to decrease the risk of type 2 diabetes.
Amylose	16 - 53%	>10%	<15%	13 - 18%	>20%	>30%	High amylose content (an insoluble fiber) decreases the risk of cardiovascular disease (CVD) and type II diabetes (T2D), and also lowers cholesterol levels.
Potassium	475mg	484mg	475mg	412mg	35mg	391mg	Can help counteract the unhealthy effects of sodium on blood pressure.
Magnesium	24mg	30mg	~17mg	-	-	25mg	Not high risk for many Americans as kidneys limit urinary excretion of Magnesium. Can help prevent migraines.
Calcium	17mg	18mg	~34mg	-	-	-	Supports bone health and weight management.
Vitamin A	11µg	4µg	-	-	-	-	Relatively high Vitamin A intake with a lowered risk of squamous cell skin cancer of greater than 16%. Helps with your heart, lungs, eyes and other organs.
Vitamin C	23.9mg	5mg	~20mg	10.6mg	-	12.8mg	Reduces oxidative stress and helps with tissue repair. Can help with preventing the common cold.
Lutein	20µg	-	-	-	-	-	10x and 15x higher antioxidant properties than of β-carotene and lycopene. Improves eye health
Beta-Carotene	13.9µg	39µg	540µg - 4690µg	4600µg	-	-	Beta-carotenes are common in carotenoids and are antioxidants that carry a wealth of health benefits, both carotenoids and antioxidants can be converted into vitamin A by the body
Digestive Health	✓	✓	✓	-	-	-	Dietary fiber helps process stool more easily and also decreases constipation, reduces risk of hemorrhoids, lowers cholesterol levels
Healthy Weight	✓	✓	✓	✓	-	-	Dietary fiber helps satiate people sooner and allows individuals to consume fewer calories for a comparable volume of food.
Heart Health	✓	✓	✓	✓	-	-	Antioxidants such as lutein, vitamins (A, B6, C, and E) are known to decrease the risk of cardiovascular disease.
Good for T2D?	✓	✓	✓	✓	-	-	Dietary fiber controls blood sugar levels.