

Get to know 'ulu



'Aina Pono Harvest of the Month
October 2018

Happy National Farm to School Month!

The Hawai'i 'Ulu Cooperative is honored to provide HIDOE with Hawai'i Island-grown breadfruit to nourish island keiki.

About the Product

The 'ulu you will be receiving has been cleaned, peeled, cored, and par-steamed – saving you lots of prep and cooking time, not to mention a sticky mess from the latex sap! This minimal processing also extends the fruit's season and shelf life, so it can be available year-round and help increase Hawai'i's food security. The product is packaged in a 10-lb case containing two 5-lb bags.

Storage and Usage Tips

Store 'ulu in a freezer at 0°F until ready to use. To defrost, transfer to a refrigerator two days before using or place under running water for approximately 90 minutes until fully thawed.

Par-cooked 'ulu is easy to chop or dice by hand. A food processor makes the job even easier. Cook until fork-tender before serving.

Nutritional Profile

'Ulu is a fruit with the properties of a complex carbohydrate. It's high in vitamin C, potassium, and calcium, which help keep bodies healthy and strong. 'Ulu is a low glycemic index food and an excellent source of fiber!

In Hawai'i, 1/2 cup of 'ulu counts as one-ounce equivalent whole grain for USDA school meals.

Please note: 'Ulu is an all-natural food and slight variations in color, taste, and texture are normal. Any discoloration is likely due to small latex pockets and is not harmful but can be removed for aesthetic purposes.



Tip for making Ka 'Ulu a Pipi Kū (Beef and Breadfruit Stew)

Add 'ulu pieces to stew early in the cooking process to absorb more liquid and flavor, or later to retain a firmer texture.

Questions? Need help?

Contact the Hawai'i 'Ulu Cooperative at info@eatbreadfruit.com or 808-238-8869.

Find recipes and learn more about the Co-op at eatbreadfruit.com.

