

# WHY GROW 'ULU?

- Easy to grow!
- Beneficial to the environment, they support sustainable agriculture, improve soil conditions and watersheds, and provide food security.
- Produce an abundance of nutritious, tasty fruit and also provide construction materials, medicine, fabric, glue, insect repellent, animal feed, and more.
- The trees begin bearing in 3 to 5 years and are productive for many decades. 'Ulu has the potential to play a significant role in alleviating hunger in the tropics.
- Breadfruit is an important component in traditional agroforestry systems and can be grown with a wide range of plants.
- Breadfruit trees also give shelter and food for important plant pollinators and seed dispersers such as honeybees, birds, and fruit bats.

Visit [www.breadfruit.org](http://www.breadfruit.org) for more information



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## PLANT A TREE OF LIFE - GROW 'ULU MA'AFALA

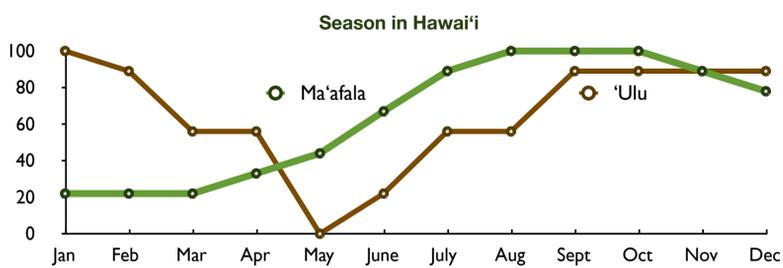
This popular breadfruit variety originated in Samoa and Tonga and has been grown in Hawai'i for decades. Ma'afala is a fast-growing tree that tends to be shorter, with a more compact shape than most breadfruit varieties. Trees can begin bearing fruit in 2-1/2 to 3 years.



16-month-old tree



36-month-old tree

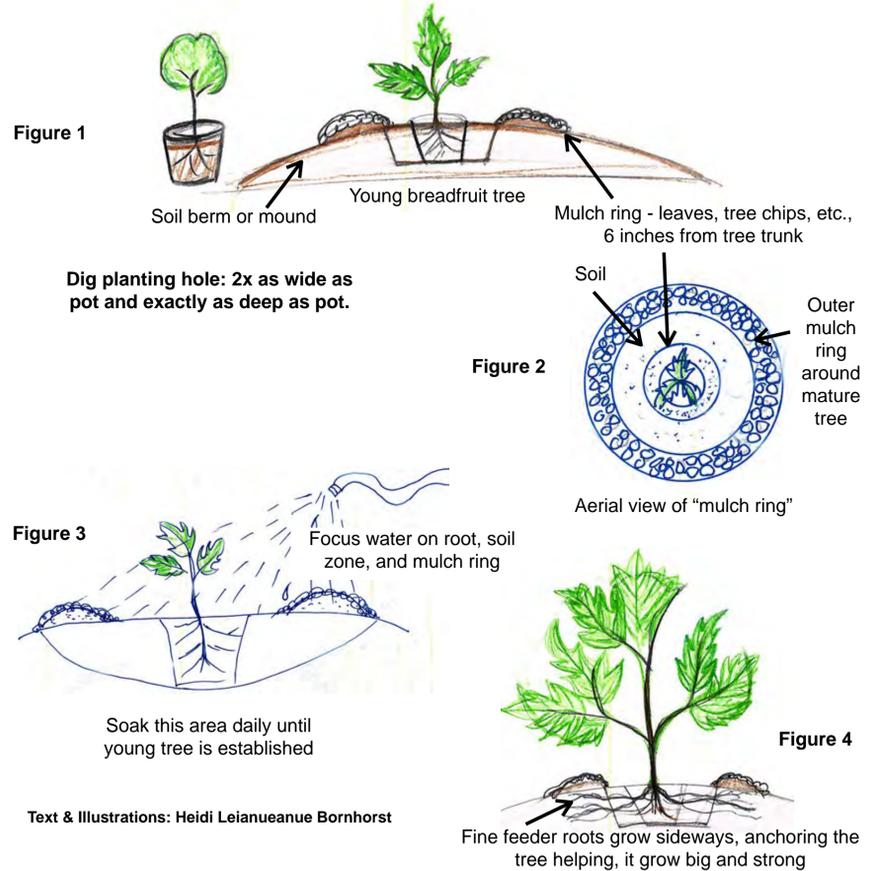


Average seasonality profile of Ma'afala compared to the Hawaiian 'Ulu.

The Plant a Tree of Life - Grow 'Ulu project is supported by a grant from The Ceres Trust with additional funding from the Kaulunani Urban and Community Forestry Program of the DLNR Division of Forestry & Wildlife and the USDA Forest Service

**BREADFRUIT INSTITUTE - NATIONAL TROPICAL BOTANICAL GARDEN**  
3530 Papalina Road, Kalaheo, Kauai, Hawaii 96741  
Phone: 808.332.7324 ext 221 Fax: 808.332.9765 [www.breadfruit.org](http://www.breadfruit.org)

## BREADFRUIT TREE PLANTING GUIDELINES



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The Ho'oulu ka 'Ulu project of the Breadfruit Institute of the National Tropical Botanical Garden and the Hawaii Homegrown Food Network aims to revitalize 'ulu (breadfruit) as an attractive, delicious, nutritious, abundant, affordable, and culturally appropriate food which addresses Hawai'i's food security issues.

[www.breadfruit.org](http://www.breadfruit.org)



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