

Arbor Day Hawai'i

'Ulu

Scientific Name: *Artocarpus altilis*

Origin: Malaysia to Pacific, Polynesian Introduced



Care Tips



Full to Partial Sun



Moist



Well Drained Soil



Medium Growth



Greenish; inconspicuous



Height: 30-50ft

Width: 30-50ft



Edible!



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‘Ulu

'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 in a variety of ways.

Ulu is referenced in many traditional Hawaiian proverbs including:

ʻĀohe ʻulu e loaʻa i ka pokole o ka lōu

No breadfruit can be reached when the picking stick is too short.

Register Your Tree

Oʻahu is trying to set a record by planting 100,000 trees by 2025! Your new tree can help - all you need to do is register your tree here:

<https://bit.ly/100ktreeoahu>



Your tree has the best chance of survival if it is planted within the first week of bringing it home! Share your planted tree by using hashtag **#ArborDayHawaii**



Ramon Gonzalez