

ʻE Pili Ana i ka ʻUlu

All About ʻUlu

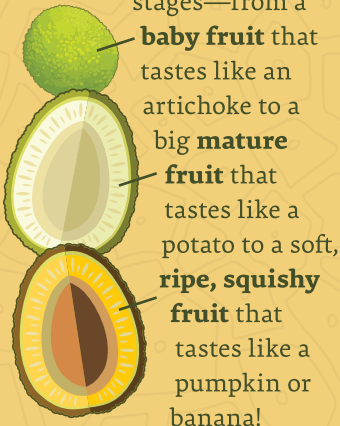


ʻUlu was brought to Hawaiʻi many years ago by Polynesian voyagers on their canoes. Today, many different varieties of ʻulu can be found in the islands. While some varieties produce seeds, most trees grow from root shoots that sprout from a mature plant. Different varieties of ʻulu can vary in size, fruit shape, and leaf structure, but all produce the delicious and nutritious starchy fruit that we can enjoy today!

ʻOno ka ʻUlu

ʻUlu is Delicious

As a food resource, a single ʻulu tree can produce over 500 pounds of fruit in one growing season. That is a lot of food that could feed many people in Hawaiʻi! The ʻulu fruit can be eaten in all its developmental stages—from a



baby fruit that tastes like an artichoke to a big **mature fruit** that tastes like a potato to a soft, **ripe, squishy fruit** that tastes like a pumpkin or banana!

Hoʻowaiwai ka ʻUlu

ʻUlu is Useful

ʻUlu is an important canoe plant of Hawaiʻi, providing valuable resources from all of its different parts!

- The bark is traditionally stripped and pounded to make a delicate kapa (cloth) material.
- The lightweight yet strong wood can be used to build canoes, drums, and even hale (houses).
- The long, skinny male flowers can be dried and then burnt as the smoke helps keep pesky mosquitoes away (this should only be done outside)!
- The white, sticky sap can be used as glue and caulking to seal materials.
 - Even the fallen golden-brown leaf bracts from the emerging fruit can be collected and made into a beautiful lei.



Mana 'o Kupu

Sprouting Thoughts

Read the questions below with family and friends to spark conversations about 'ulu.

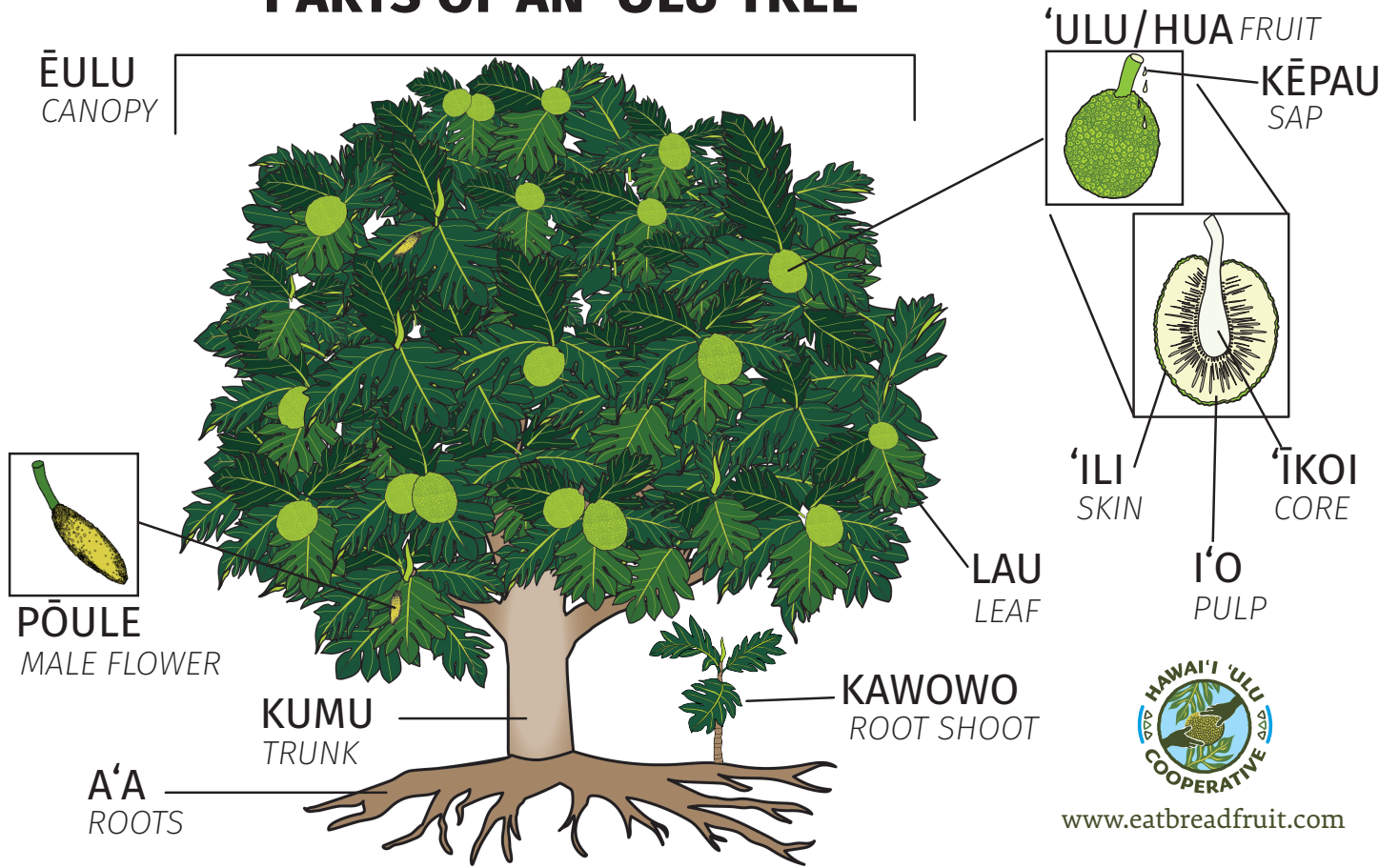
- Have you observed any 'ulu trees where you live?
*What do they look like? Where do they grow?
Are they fruiting right now?*
- Does your family use 'ulu in any way?
Discuss how.
- 'Ulu produces a lot of fruit!
How can this help the community?
- One 'ulu tree has so many uses!
What part of the tree do you think is the most amazing?
- Do you know any mo'olelo (stories) about 'ulu?
*Take turns telling each part of the story as a group
around the table.*

*Farmer owned,
'āina grown.*



For more information on 'ulu, visit eatbreadfruit.com or ntbg.org/breadfruit
✉ info@eatbreadfruit.com | [f](https://www.facebook.com/hawaiiulucoop) @hawaiiulucoop

PARTS OF AN 'ULU TREE



PARTS OF AN 'ULU TREE

