BREADFRUIT Article September 2022

Breadfruit, a member of the mulberry tree family and it's large fruits. In the South Pacific and other tropical country's, 'Artocarpus altilis' or breadfruit, is a food resource as it's trees grow 12 to 18 metres (40 to 60 ft) high with large oval glossy green leaves. Both male and female flowers bloom in separately as staminate (m) and pistillate (f) forms. The male is dense club shapped catkins whereas the female is large prickly head upon a spongy receptacle. The ripe fruit or matured ovaries of these pistillate flowers are of a greenish brownish hue with a white semi- fibrous pulp well beyond it's, roundish 4 to 8 inches in diameter, skin. It is the size of a grapefruit.

Food Resource

As a food staple, breadfruit, as it is typically prepared, can be roasted, baked, boiled, fried, or dried and ground into flour. It can be consumed ripe or unripe. Though it can be eaten raw it rarely is. It is a starchy food and unripe it's not a tasty and has a consistency of potatoes and plantain in texture. A ripe item, it is same as a potato. Eating breadfruit in a 'overripe' state is recommended as it has a 'custard' like texture and taste like freshly baked bread.

It's fibrous inner bark is used to make cloth as the wood is useful as canoes, houses, furniture, glue, and caulking material from it's milky juice.

Things to Know

Names:

Treculia Africana = African breadfruit

Breadfruit, Artocorpus altilis

Jackfruit, Artocarpus heterophyllus

Indigenous prehistoric species in, Malay Archipelago, cultivated breadfruit as it then spread throughout the tropical South Pacific region.

Captain William Bligh is believed to have secured us of breadfruit as a food supply for slaves in the West Indies. (Jamaica) Preference for plantain.

Today, breadfruit trees are grown in some 90 countries throughout South and Southeast Asia, the Pacific Ocean, the Caribbean, Central America and Africa. It has hundreds of variety's and names.

References

Petruzzello, Melissa. Encyclopedia Britannica accessed August 10, 2022

InsanelyGoodRecipes.com accessed August 21, 2022 @ 12:00pm