

global | breadfruit™

food security for a growing world



Breadfruit Varieties | Puaa

NOTES: The pale-yellow flesh is solid and dense, possessing a firm, yet tender, texture when cooked. It is best steamed or boiled.

PUAA DESCRIPTION

FRUIT

Shape: Oval to heart-shaped

Skin Texture: Rough, irregularly raised, flattened

Weight (kg): 1.0 – 3.1

Average Weight (kg): 1.7

Length (cm): 12 – 22

Width (cm): 12 – 17

Average Size (cm): 17 x 14

Core Size (cm): 10 x 4

Seeds: Seedless

FRUITING SEASON

September – November

GEOGRAPHIC ORIGIN

French Polynesia

