

About

Breadfruit (*Artocarpus altilis*) is a tropical tree related to fig, mulberry and jackfruit. It grows easily in a wide range of ecological conditions in the tropics and requires minimal care after it is established. Our selected varieties begin to bare nutritious fruit in 2-3 years, producing abundantly for many decades. The fruit can be prepared in many ways using both traditional and modern methods. In addition to being drought resistant and resilient against tropical storms (hurricanes/cyclones), the tree has many other suitable uses beyond combating hunger, malnutrition and poverty.

Breadfruit has a starch yield that is twice that of maize and other crops, but unlike corn, breadfruit does not need to be replanted each year. Additionally, in contrast to yam or cassava, land does not need to be cleared to plant breadfruit and instead lends itself to an integrated planting with other tropical agricultural crops like cacao, mango, yams and legumes. This agroforestry approach has been the mainstay of agriculture systems in the Pacific Islands—with some productive forests as old as 3,000 years.