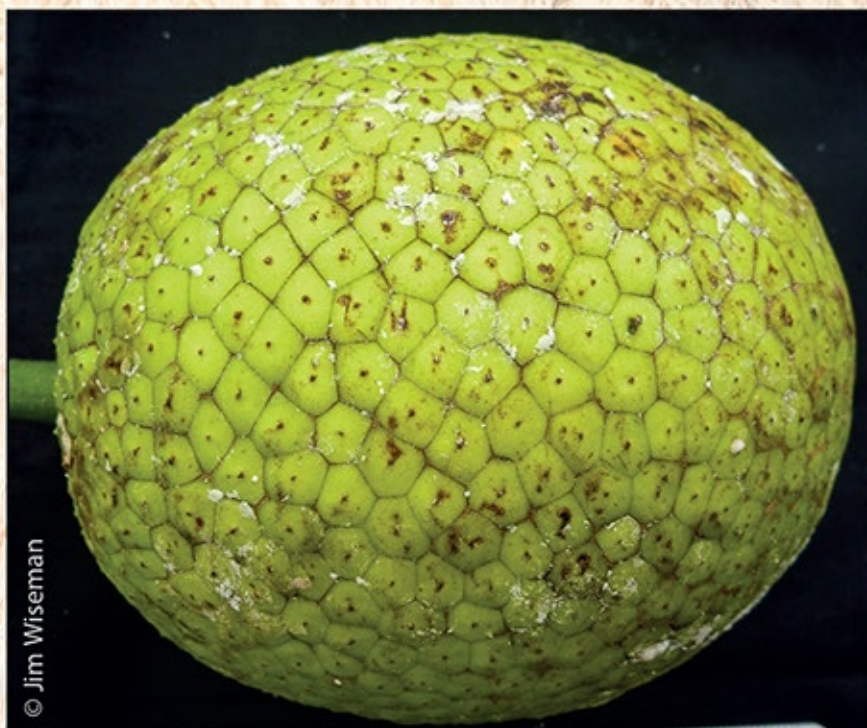


Breadfruit Variety—Ma'afala

This popular variety originated in Samoa and Tonga and has been grown in Hawai'i for decades. Ma'afala is a fast-growing tree that tends to be shorter, with a more compact form than most breadfruit varieties. Since 2009, thousands of Ma'afala trees propagated using micropropagation methods have been planted throughout Hawai'i and they are beginning to bear fruit as early as 2½–3 years after planting.

The fruit is oval. At maturity, brownish cracking (or scabbing) develops on and around the individual sections of the skin and a slight separation between the sections indicates maturity, along with the skin turning a greenish-yellow color and becoming relatively smooth. The pale yellow flesh may occasionally contain 1 or 2 small seeds. This variety has one of the smallest fruit with an average weight of 790 g (1.7 lb) and an edible portion (peel and core removed) of 650 g (1.4 lb).



Mature fruit of Ma'afala: Look for greenish-yellow skin, a smooth surface, and brownish cracking between the surface segments. The flesh inside is firm and creamy white or pale yellow in color.

Ma'afala is intermediate in texture, firmness, and cooking time compared to the Hawaiian 'Ulu and Micronesian varieties such as Meinpadahk. This makes it a versatile choice for a wider array of recipes. The flesh is moister and tenderer than 'Ulu when baked or roasted, yet maintains its texture and firmness if desired for a particular recipe, such as 'ulu salad, and can also be easily mashed for dishes such as patties or croquettes.

Young Ma'afala trees may have smaller than average size fruit during the first 2–3 years after they begin producing, and fruit size and abundance increases as the tree matures. Fruit size can vary with tree location and management practices. Fruit drop may occur on young trees, or ones that experience environmental stress such as drought, or lack of essential micronutrients.

Breadfruit salad made with local vegetables.



A 5-year-old Ma'afala tree showing compact form.

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