

Hawaiian Breadfruit

Ethnobotany, Nutrition, and Human Ecology

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Breadfruit, called *'ulu* in Hawaiian, was one of the plants Polynesians brought in their sailing canoes when they discovered the Hawaiian Islands. It is a staple food throughout the Pacific, and in ancient Hawai'i it was a crop of much greater nutritional, cultural, and political significance than its present-day status here suggests. The authors of this book assembled historical references to *'ulu* and did nutrient analyses to develop a picture of the tree's former importance. Through its manifold uses, its widespread cultivation, and its nutritional similarity to the other Hawaiian staple, *kalo* (taro), Hawaiian breadfruit is revealed to have had a profound role in the Hawaiian culture and the human ecology of the archipelago. This brief study of *'ulu* will reward those interested in Hawaiiana with a new perspective on a familiar tree of Hawaiian landscapes, a tree which—according to the authors—deserves much greater appreciation and use.



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