Promoting Innovative Uses of Breadfruit
The breadfruit (*Artocarpus altilis*) belongs to the moracea family. Two varieties or types of breadfruit can be distinguished in Jamaica, namely the yellow and white heart. The yellow heart breadfruit is preferred in the market because of its better eating quality and ease of preparation or cooking. The fruit is an excellent source of carbohydrate and is also a major staple in Jamaica, especially for the rural population. Breadfruit is also important in the agro processing and export industry.

In 2009, an estimated 23,883,624 kg (23,883.6 Mt) of breadfruit was produced locally. Local consumption of the fruit represented 97.24% of total production.

Since 2000, the Ministry of Agriculture and Fisheries, Fruit Tree Crop Project was developed to increase the quantity and quality of non-traditional orchard crops, including breadfruit, to satisfy the local and export markets. Additionally, breadfruit production is also being promoted as part of a food security thrust by the Ministry.

**Supply Availability**

Breadfruit trees are distributed island-wide. However, the major producing parishes are St. Thomas, Portland, St. James, Westmoreland, St. Mary, Hanover and St. Catherine. In Jamaica, the breadfruit is available all year round but the peak bearing season occurs between August to November.

**Target Markets**

The majority of breadfruit production is consumed locally. In 2009, 335,301 kg (335.3 Mt) of the fruit was exported by approximately 20 exporters while agro processors utilized 48,000 kg (48 Mt). Agro processors packaged roasted breadfruit slices in combination with other food items namely: vegetable, ackee and salted fish.

**Uses of Breadfruit**

Breadfruit can be cooked and eaten at all stages of development. It is typically consumed when mature but still firm and is a delicious substitute for any starchy root crop, vegetable, pasta, potato or rice.

Mature breadfruit can be boiled, steamed or baked and used as a replacement for potatoes in many recipes. Small immature fruit can be boiled, pickled or marinated. Sliced breadfruit can be fried to make chips or French fries, or it may be candied. Ripe fruits are creamy and sweet and can be eaten raw or used to make pies, cakes and other desserts.

Breadfruit made into a cereal or pureed ripe is a good food for babies.

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**BREADFRUIT SMOOTHIE**

**Prepare:**
Cut 1 ripe breadfruit in half.
Steam the breadfruit in rice cooker using three cups of water.
Cook until tender.
Leave in rice cooker with lid on until cool (about 2 hours).
Peel breadfruit and cut into quarters.
Store in refrigerator.

**Whizz in blender until smooth:**
2 cups pineapple juice
1/4 cup prepared Breadfruit

**Add:**
1/2 cup coconut milk
Sweeten to taste with honey or sugar
1 tray of ice cubes
1-2 cups of water to desired thickness
BREADFRUIT CROQUETTES

Ingredient
1 medium ripe breadfruit
3 medium boneless cod fish fillets
¼ small onion
½ green bell pepper
3 tbsp fresh chopped parsley
1 tsp garlic powder (2 mashed garlic clove)
1 tsp ground black pepper
1 small piece of hot pepper
1 egg
½ cup all purpose flour
1 cup vegetable oil.

Prepare:

Combine mashed boiled breadfruit with shredded cod fish fillets, add onion, green bell pepper, parsley finely chopped and add egg beaten, ground pepper, garlic and pounded hot pepper.

In a medium saucepan, place vegetable oil and apply heat.

Shape the mixture into small balls and coat in flour.

Deep fry it until golden brown.

health benefits

• Breadfruit is a rich source of energy.

• Breadfruit contains a significantly high amount of fibre. According to the American Heart Association fiber decreases bad cholesterol and triglycerides which increases heart attack risks. An increased intake of fiber lowers LDL (bad) cholesterol levels in the body while elevating HDL (good) cholesterol levels in the body. Therefore breadfruit protects the body against heart disease and heart attacks. Additionally, the fibre found in breadfruit can help those with diabetes to control the disease.

• Research shows that fibre can control diabetes by reducing the absorption of glucose from the food we eat.

• Eating breadfruit on a regular basis can reduce the risk of developing colon cancer.

• Breadfruit benefits the body as it contains favourable amounts of Omega 3 and omega 6 fatty acids known to stimulate skin and hair growth, regulate our metabolism, promote reproduction and stimulate bone health.