



BREADFRUIT

(*Artocarpus incisus*)

Breadfruit trees are native to the islands of the South Pacific but in 1793 the plant was brought to the West Indies from Tahiti by Captain Bligh on the ship Providence. In Jamaica breadfruit is commonly cultivated on lower elevations in the rainier areas of the island.

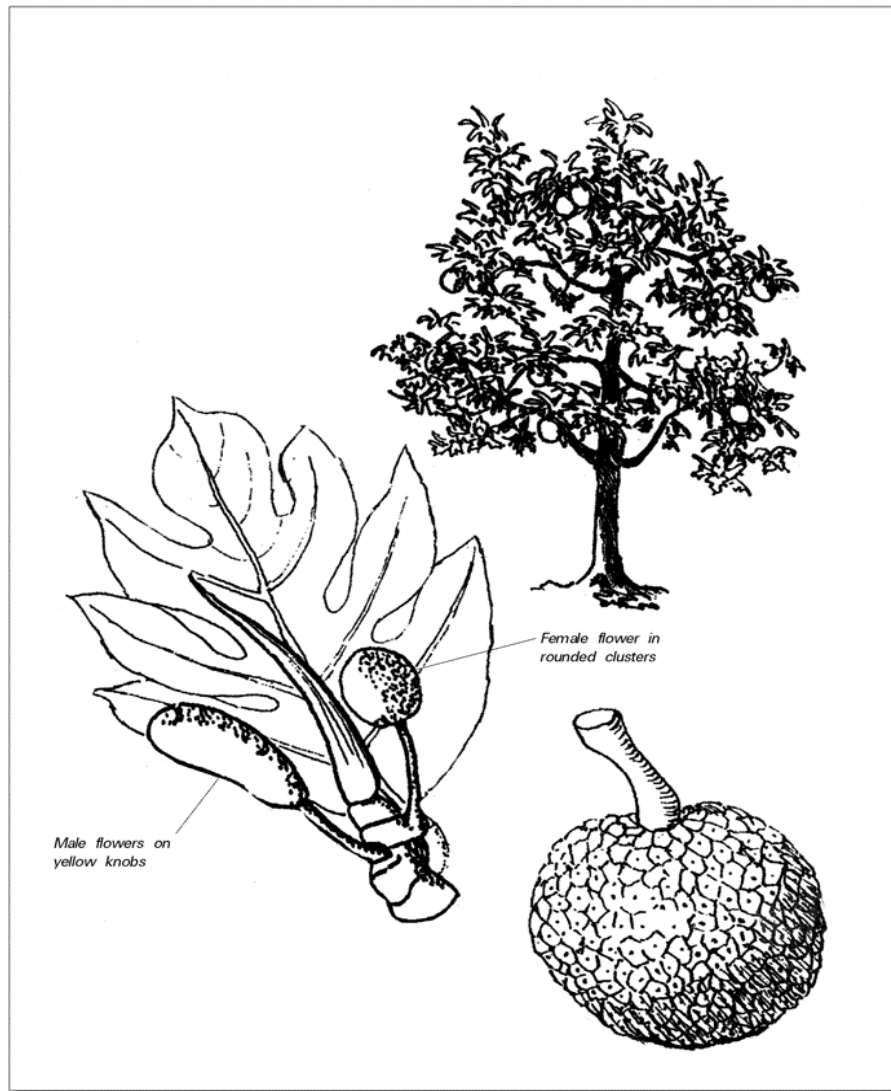
A fully-grown breadfruit tree can be 9 - 12 m in height. Breadfruit leaves can be as long as ½ m each and they are deeply indented or lobed (see illustration). The tops of the leaves are dark green and smooth but underneath, the leaves are paler and veined.

The tree produces both male and female flowers with the male appearing on yellow knobs (or catkins) of about 36 cm in length, and the female flowers coming out in rounded clusters. The mature fruits are yellow-green, rough-skinned, large, elongated or round. The fruit gets to 20 cm in diameter. The trees flower and fruit throughout the year. The fruit is sterile and breadfruit is propagated by cuttings

The younger fruit is eaten boiled and the mature (“fit”) one is roasted on an open fire or baked in an oven. The male flowers can be boiled and made into candid fruits. Recent studies show that the leaves contain a substance which has insecticidal properties. Infusions of the leaves are drunk and are said to alleviate symptoms of certain heart diseases.

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Family: Moraceae	Species: <i>Artocarpus incisus</i>	Author:
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Height: 12m	Habitat: Cultivated, sea level-1000m	Persistence: Evergreen
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