

Guam Produce Guide: Breadfruit (Lemmoi)



Plant Traits	Details
Plant Type	Tropical evergreen tree
Size	29-68 feet
Spacing	25 feet between trees, 50 feet between rows Orchards 40-46 feet apart
Bloom Time	22-23 months after planting
Flower Color	Yellow-green
Root Depth	Roots spread slightly below the ground surface
Pests	Relatively free of pests, possibly mealybugs
Diseases	None

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Site Characteristics

Sun Exposure	Full sun
Soil Condition	Deep, fertile, well drained soils are preferred
Support	Not needed
Water	Newly planted trees need daily watering during dry season; mature trees tolerate dry conditions
Fertilizer	8-8-8 slow release fertilizer, use sparingly

Recipe

Breadfruit Flour



Ingredients:

- Mature, fresh and undamaged breadfruit

Directions:

1. Peel the skin, remove the stem and core. Cut the breadfruit into chunks that can be shredded in a food processor or cut into ¼ inch slices for drying
2. Put a single layer of shredded or sliced breadfruit on trays and dry them in a food dehydrator at 160 degrees Fahrenheit for 6-8 hours until the pieces are crispy
3. Next put the dried pieces into a mill with sifter screens to make the particles the consistency of flour
4. Store the flour in food-grade bags or containers for food products. Long-term storage requires an air-tight container in a dry, cool area. In an area with less than 60% humidity the shelf life is 6-12 months

Sources

1. https://www.uog.edu/_resources/files/wptrc/Bread_Fruit_Final.pdf
2. <https://guides.library.manoa.hawaii.edu/paccrops/breadfruit>
3. https://www.uog.edu/_resources/files/extension/publications/Making_Breadfruit_Flour.pdf
4. <https://www.etsy.com/uk/listing/784363420/breadfruit-ulu-flour-8oz>