

Breadfruit Variety—Meinpadahk

This variety is a natural hybrid between two species, breadfruit (*Artocarpus altilis*) and dugdug (*A. mariannensis*). It is grown in the Federated States of Micronesia, the Marshall Islands, Kiribati and elsewhere in Micronesia. It does well in sandy soils of atolls and coastal regions, but it also thrives in volcanic and other soils. Meinpadahk and other Micronesian varieties were brought to Hawai'i beginning in the late 1800s.

The fruit is oval to oblong, with a distinctive bumpy, light green waxy or shiny skin. The individual sections of the skin are pebbly in appearance. The skin does not change color or develop crusts of sap or scabbing when mature, so proper harvest can be challenging. Maturity is indicated by the sections beginning to separate from each other and a subtle change in color to greenish-yellow. The pale to deep yellow flesh is seedless. This variety has an average weight of 1080 g (2.4 lb) and an edible portion of 900 g (2 lb).



Mature fruit of Meinpadahk: Maturity is indicated by the sections beginning to separate from each other and a subtle change in color to greenish-yellow. The flesh has a soft, creamy texture when cooked.

The flesh of Micronesian varieties like Meinpadahk is less solid and dense than 'Ulu or Ma'afala and is relatively lightweight for its size. It has a soft, creamy texture when cooked and is easily mashed or puréed. The fruit is very tender and moist when baked or roasted, and can be quickly steamed to a desired texture. Boiling tends to waterlog the flesh. Use this

variety for many dishes that require a soft, delicate fruit. A combination of 2 or 3 varieties in a breadfruit salad or casserole will provide a pleasing range of textures from soft to firm.

Meinpadahk is a heavy producer and may abort or drop many of its fruits before they reach full size or maturity.

Gratin layered with Meinpadahk and 'Ulu



Meinpadahk tree loaded with fruit

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