

## Breadfruit, Artocarpus Altilis, Bakri Chajhar - Plant



Bread Fruit is such a huge producer of food and low in manual labour because itâ€™s a fruit tree.

Rating: Not Rated Yet

### Price

Sales price R 491

Discount

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Description

### Description for Breadfruit, Artocarpus Altilis, Bakri Chajhar

Itâ€™s a great substitute for potatoes or any other starchy vegetable

Common name	Flower colours	Bloom time	Height	Difficulty
Breadfruit tree.	-	In India breadfruit trees flower in March, and the fruiting season lasts from June to July.	85 feet.	Easy.

### Planting and care

Amend soil with organic material prior to planting and dig a hole wide enough to accommodate the root ball of the young plant.

Sunlight	Soil	Water	Temperature	Fertilizer
Full sun, part shade is acceptable when trees are young.	Deep, fertile, well-drained soils, some varieties are adapted to the shallow sandy soils of coral atolls are also good.	During their establishment period, which is generally six months to a year, breadfruit trees require regular and thorough watering. Keep the soil moist thereafter.	It flourishes at 21-32° C and does not yield well where the temperature exceeds 40° or drops to 5° C.	Water-soluble fertilizer (20-20-20): Twice per week at 200ppm.

### Caring for Breadfruit

- Mulching with the large fallen leaves and other organic materials is beneficial and provides nutrients, protects roots, and helps keep the soil moist during dry periods.
- The tree can readily be pruned and shaped to keep it low and make harvesting easier.

## Harvesting

Pick fruits from the tree when they are yellow to yellow-brown in color and release latex droplets through the skin.

## Typical uses of Breadfruit

### Special features:

**Culinary use:** The fruit can be cooked and eaten at all stages of growth; from small and immature, to starchy mature; to ripe when it is soft and sweet. The fresh fruit can be baked, boiled, roasted, or steamed. There are numerous ways to prepare delicious dishes based on breadfruit. Breadfruit is high in energy from carbohydrates and low in fat. It is a good source of fibre, calcium, copper, iron, magnesium, potassium, thiamine, and niacin.

**Ornamental use:** The trees support sustainable agriculture, improve soil conditions and watersheds, and provide food security. Breadfruit trees also give shelter

**Medicinal use:** Breadfruits are a much healthier alternative to bread, potato, rice, or meat. Breadfruit is high in carbs and fiber, but low in fat.

## References

<http://ntbg.org/breadfruit/uses/> <http://www.gardeningknowhow.com/edible/fruits/breadfruit/breadfruit-tree-facts.htm>