

# Breadnut



Common names	Castana, Kamansi, mei kakano, chataigne, katahar, dulugian, kolo, pakau, ugod, kelur, kulor, kulur, kuror. pana de pepitas.
Origin	Breadnut is native to New Guinea and possibly the Moluccas (Indonesia) and the Philippines.
Description	Breadnut is the seeded variety of the breadfruit. A green, soft-spiky, round fruit with a white fibrous interior with nutritious, high protein seeds.
Growth Habitat	Found throughout the tropics, widespread in the Caribbean, Central and South America, Southeast Asia, and parts of Africa, especially West Africa.
Foliage	Leaves are large (40-60 cm long), green, glossy and hairy. Moderately dissected with 4-6 pairs of lobes.
Flowers	The same tree has both male and female flowers and the male inflorescence appears first. Thousands of tiny flowers with two anthers are attached to a central spongy core.
Fruits	Breadnut fruit are oval, 10-15 cm long by 7-12 cm wide, weighing approximately 800 g. The spiky skin is dull green to greenish-brown when ripe. The fruit contains numerous seeds comprising 30-50% or more of the total fruit weight, oblong, about 2.5 cm long with a thin, light-brown seed coat.
Soil	The tree prefers light, well drained soils (sands, sandy loams, loams, and sandy clay loams).
Pruning	Prune to keep tree height suitable for harvesting and to reduce competition with intercrops for light.
	The large leaves of this evergreen species provide abundant

Fertilization	mulch for the tree and other plants growing beneath the canopy.
Propagation	Seeds quickly germinate and will often sprout inside the fallen fruits. Collect seeds from soft, ripe fruits and wash to remove all pulp. Select firm, shiny, uniform seeds that do not yield to the touch when squeezed.
Harvest	Harvesting is manual. Fruits are accessed by climbing or long poles. Caught fruits keep longer while fallen fruits are usually damaged and need to be consumed promptly.
Nutritional Properties	The main amino acids found in breadnut nuts are methionine, leucine, isoleucine, and serine. The fat extracted from the seed is a light yellow, viscous liquid at room temperature with a characteristic odor similar to that of peanuts. It has a chemical number and physical properties similar to those of olive oil. Seeds are a good source of minerals and contain more niacin than most other nuts.
Health Benefits	The nuts are a good source of protein (13-20%) and low in fat (6-29%) compared to nuts such as almond, Brazil nut, and macadamia nut.
Commercial Uses	The immature fruit and seeds are often consumed as a vegetable in soups or stews. The fruit is thinly sliced, then boiled and used as a vegetable. The seeds are boiled or roasted and resemble chestnuts in texture and flavor.
Food Suggestion	<p><b>Boiled Breadnut Nuts</b></p> <p>1 Breadnut fruit</p> <p>The fruit has to be cut open and its contents extracted. The contents consist of a white pulp and inside the pulp are brown seeds. These seeds are the Bread Nut and they are to be separated from the pulp. Wash the seeds and place them in a deep pot, add water to the pot enough to cover the Bread Nut.</p> <p>Put the pot on the stove and let the Bread Nut boil for about 25 minutes. After that time has passed, add some salt and let them boil for another 25 minutes.</p> <p>When the Bread Nut are cooked, they can be eaten. To eat</p>

	<p>a Bread Nut, remove the hard casing over it, inside there will be a white looking nut. This is the part that is eaten. After peeling off the hard shell, a thin brown layer (or pieces of it) may remain over the nut. It can be removed or the nut can be eaten like that.</p>
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