



**Breadfruit** (*Artocarpus altilis*) is a species of [flowering tree](#) in the [mulberry](#) family, [Moraceae](#), that is native to the [Malay Peninsula](#) and western [Pacific](#) islands. It has also been widely planted in tropical regions elsewhere.

Breadfruit is a [staple food](#) in many tropical regions. They were propagated far outside their native range by [Polynesian](#) voyagers who transported root cuttings and [air-layered](#) plants over long ocean distances. They are very rich in [starch](#), and before being eaten they are roasted, baked, fried or boiled. When cooked the taste is described as [potato](#)

## Breadfruit

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-like, or similar to fresh-baked bread (hence the name).



The fruit of the breadfruit tree - whole, sliced lengthwise and in cross-section

There is a variety called "Divicho Guzo" literally a Island Jackfruit.