

(Free download) Hawaiian Breadfruit: Ethnobotany, Nutrituion, and Human Ecology

Hawaiian Breadfruit: Ethnobotany, Nutrituion, and Human Ecology

Brien A. Meilleur, Richard R. Jones, Alvin S. Huang, C. Alan Tichenal
*audiobook / *ebooks / Download PDF / ePub / DOC*



#5127921 in Books 2014-05-31 2014-05-31 Original language: English PDF # 1 8.90 x .20 x 5.90l, .35 #File
Name: 192932517768 pages | File size: 31.Mb

Brien A. Meilleur, Richard R. Jones, Alvin S. Huang, C. Alan Tichenal : Hawaiian Breadfruit: Ethnobotany, Nutrituion, and Human Ecology before purchasing it in order to gage whether or not it would be worth my time, and all praised Hawaiian Breadfruit: Ethnobotany, Nutrituion, and Human Ecology:

Breadfruit, called ulu in Hawaiian, was one of the plants Polynesians brought in their sailing canoes when they discovered the Hawaiian Islands. It is a staple food throughout the Pacific, and in ancient Hawaii it was a crop of much greater nutritional, cultural, and political significance than its presentday status here suggests. The authors of this book assembled historical references to ulu and did nutrient analyses to develop a picture of the trees former importance. Through its manifold uses, its widespread cultivation, and its nutritional similarity to the other Hawaiian staple, kalo (taro), Hawaiian breadfruit is revealed to have had a profound role in the Hawaiian culture and the human ecology of the archipelago. This brief study of ulu will reward those interested in Hawaiiiana with a new perspective on a familiar tree of Hawaiian landscapes, a tree whichaccording to the authorsdeserves much greater appreciation and use.