

MACAW LODGE NEWSLETTER

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BREADFRUIT: HISTORY AND CONTEXT

*Breadfruit, *Artocarpus altilis*, belongs to the jackfruit family that originally came from the Indo Malay region in the South Pacific Islands. Europeans saw the potential in this starchy fruit and strong wood timber so they remained in the islands reproducing the tree in nurseries. The fruit does not produce many seeds and it is hard to grow. It is actually best to reproduce using the roots. The British took breadfruit to Jamaica so they could feed the slave population in the sugar plantations in the 18th century. It is one of the cheapest and easiest carbohydrates that they could access at the time. In 1872, part of this slave population, alongside the breadfruit, made its way to Costa Rica's Caribbean during the construction of the railway in the Atlantic.*

Nowadays, it is grown in many tropical regions around the world, including Central and South America. Breadfruit is a great nutritional source and many environmentalists and scientists have suggested it could be relevant source of nutrition to countries where hunger is a big problem. It provides a good amount of carbohydrates, fiber and minerals like magnesium, iron, calcium, potassium, manganese and phosphorus.

Another advantage of the breadfruit tree is its positive role in agroforestry systems. It can grow with many other plants, improves soil conditions and reduces carbon emission in the environment it grows. Additionally, they provide food and shelter to birds, fruit bats and honeybees. At Macaw, we have a full hectare with 200 breadfruit trees of 4 varieties. This year we had our first fruits and we are hoping to have more harvests in the upcoming years!

BREADFRUIT RECIPES: TURMERIC SAUCE

Breadfruit can be eaten both ripe as a fleshy and sweet fruit or later on when it's mature as a vegetable and more starchy. Some people call it a tropical potato. Breadfruit can be boiled, fried, steamed, baked, fried, candied and even made into flour (it is gluten free, so it's a great option!).

Ingredients:

- 1 medium sized breadfruit*
- 1 can of coconut milk*
- 2 tablespoons of shredded turmeric*
- 1/2 cup of chopped onion*
- 2 grounded garlic cloves*
- 2 pieces of lemon grass*
- (2 sticks or stems, the green part)*
- salt to taste*
- 2 tablespoons of oil*



Steps:

Remove the fruit's peel and cut into medium diced squares. Not too thin and not too chunky. Sofry the onion on the saucepan with oil. Then add the garlic, turmeric, lemongrass, coconut milk, salt, and last the breadfruit. Let cook for 20 minutes at medium heat and stir once in a while until it becomes soft.

Enjoy !



MACAW NESTS INSTALLED

This past week, we installed five artificial nests for the Macaws. We placed them on the 'gallinazo' trees, also called Guardians of the Forest (due to the size being a bit bigger than the rest of the forest) or Schizolobium parahyba in the scientific world. For years now, Macaw Lodge, alongside Chris Vaughan, has been working hard to study and to preserve the Macaw population in the Central Pacific of Costa Rica. Artificial nests have had a positive impact in the past. It allows us to observe and count the Macaw population and its behavior with film, but also offers the Macaw couples to have a home.



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