

Breadfruit Power!

Jamaicans are spreading the love of breadfruit in Uganda

Breadfruit love is spreading in Uganda. Trees That Feed Foundation's (TTFF) communications and program manager, NATASHA NORRIS, tells us how the locals are marrying breadfruit flour with some of their traditional food.

In an African village near the Ugandan capital of Kampala, Nightingale Kasumba and Philippa Nantamu are making traditional foods with a twist. They're using breadfruit flour.

Breadfruit trees are not native to Uganda. However, Trees That Feed Foundation (TTFF) has been introducing this tree and the super food it produces to the country.

Because Jamaica has been reaping the benefits of breadfruit for so long, Jamaican farmers, flour processors, bakers, and chefs are the ideal source of knowledge for Ugandans interested in breadfruit.

After visiting the island, Trees That Feed's East Africa representative, Kamyia Musigire, is putting the expertise of Jamaicans to work in his country – and in his kitchen. Nightingale and Philippa are his wife and daughter!

They are helping Trees That Feed to encourage Ugandans to use breadfruit and breadfruit flour in recipes that are pleasing to the local palate. Kabalagala is one of the first snacks Nightingale and Philippa made. It is a traditional fried pancake consisting of just two ingredients – local sweet bananas and breadfruit flour. Sprinkling pepper on top gives it a kick.

Another delicious snack, Mandazi, is made with breadfruit flour, sugar, eggs, milk, and local spices. And the fruitcake these Ugandan women make with breadfruit flour is moist and scrumptious!

Recently, they took all of these, as well as traditional porridge and breadfruit chips, to events for taste testing. The food passed with flying colours and a lot of smiles.

Guests learned that by replacing other types of flour with breadfruit flour, they can improve the nutritional



Above: If the next generation of Ugandans grow up eating breadfruit, they will plant more breadfruit trees. That's good for their health and good for the environment!

value of the meals they are already making.

Jamaica and other countries with growing breadfruit industries are experiencing other benefits of breadfruit, including strengthened food security, increased economic activity, and an improved environment.

Nightingale, Philippa, and Kamyia will continue to teach fellow Ugandans about the superpowers of breadfruit. Watch videos from their kitchen by following Trees That Feed Foundation on Facebook. For other breadfruit-centric recipes, visit www.treesthatfeed.org.

Breadfruit is not native to Uganda. The more Ugandans adopt it as a valuable food source, the more trees will be planted. The more breadfruit trees are planted, the better the food security, economic security and environment will be in Uganda.



TTFF photos: Nightingale Kasumba with Mandazi, traditional Ugandan spiced snack made with breadfruit flour, sugar, eggs, milk, and spices. | Top: Philippa Nantamu holds breadfruit grown by her father, Kanya Musigire, TTFF's East Africa representative. | Right: Nightingale and Philippa are making traditional foods with breadfruit flour in their kitchen in Uganda.

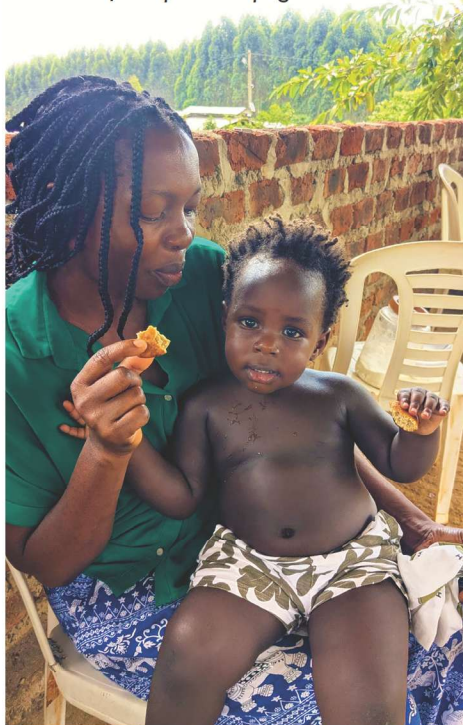
TTFF started in Jamaica and Haiti. Over time it has branched out and now works across the Caribbean in the Bahamas, Barbados, the Dominican Republic, Puerto Rico, St. Vincent, and St. Croix. TTFF also works in Costa Rica, Suriname, Belize, Honduras, Trinidad & Tobago, as well as across Africa, in Ghana, Kenya, Liberia, Nigeria, Tanzania, and Uganda.

TTFF plants fruit trees and assists smallholder farmers in all 20 countries. In addition, the organization also help to develop local self-supporting businesses selling trees, harvesting fruit, and marketing food products..

Trees That Feed Foundation has provided over 350,000 fruit trees, donated over 1,000,000 meals to schoolchildren, helped to establish agri-businesses and printed thousands of educational activity schoolbooks.

Turn the page for how to make Ugandan Kabalaga with breadfruit flour.

continued from previous page



Mother and son enjoy the tasty snack of Mandazi, made with a twist, using breadfruit flour.



Kabagalaga (above) is a traditional Ugandan banana pancake that is made with two ingredients. Nightingale Kasumba and Phillipa Nantamu are making it with a twist. They are using breadfruit flour, so it is gluten-free, nutrient-rich, and tasty.

To make Kabagalaga

- First, peel and mash sweet bananas using either your hands or a food processor for a quick, easy and smoother mix.
- Next, add breadfruit flour, mix. Scoop up a handful of dough at a time, roll into a ball and then flatten into a pancake shape.
- Fry the flattened dough in hot oil until golden brown.

Below: This fruitcake made with breadfruit flour is a moist and delicious treat any time of day.



Attendees of Trees That Feed events learn that by replacing other flours with breadfruit flour, they can enhance the nutritional value of traditional foods.



Thanks to Nightingale, Philippa, and Kanya, Ugandan children and their parents are learning about the power breadfruit holds to improve life in their communities.



Local villagers sample Nightingale's and Phillipa's food at Trees That Feed events that spread awareness about the benefits of breadfruit.