



**Responses to Unanswered Questions  
Received During Breadfruit Masterclass #3  
Featuring Marisol Villalobos of Amasar in Puerto Rico**

**What do you blend the breadfruit flour with?**

Amasar All-Purpose Breadfruit Flour contains: Breadfruit Flour, White Rice Flour, Baking Powder, Baking Soda, and Tapioca/Casava Organic Flour.

**What is the target moisture for the finished product?**

10%

**Are you able to produce your breadfruit products year-round or is your production seasonal?**

Most countries have two seasons of fruit production. Amasar grows, purchases, and dehydrates enough fruit in-season so that they can process it into products year-round.

**Have you considered other forms of transformation besides flour?**

Amasar also makes a [Breadfruit Protein Pancake and Waffle Mix](#). And [here](#) is a non-exhaustive list of other breadfruit products by country.

**What can be used for binders when cooking with breadfruit flour?**

Eggs

**Do you have a finished product that is 100% breadfruit flour?**

Amasar does not. However, [Hawaii Ulu Cooperative](#), [Shavout](#) (Richard Harris in Jamaica), and Robert Hamilton in Jamaica are a few who do.

**Could you share equipment specifications for making breadfruit flour?**

[Here](#) is some information on flour processing equipment.

**What is the shelf life of breadfruit products?**

Amasar's breadfruit flour packaging includes a best before date of 36 months. Linga Ya Farms in Jamaica produces a roasted frozen packaged breadfruit for local and export consumption that has an 8 month best before date on its packaging. Both have conducted studies.

**We know that breadfruit has brittle branches and can be susceptible to wind damage. If we integrate windbreak timber species (like Cedar or Mahogany) or nurse crops (like Banana), how does that affect the long-term yield? Are we seeing better fruit retention in these sheltered agroforestry systems during extreme weather events?**

Great question. Pruning is the most important tool for reducing wind damage in breadfruit and increasing yields, since fruit grows on new growth. Windbreaks and temporary nurse crops like bananas can improve fruit retention during storms, but only when combined with good pruning and full sunlight. We'll cover practical pruning techniques in an upcoming Breadfruit Masterclass with Dr. Noa Lincoln of University of Hawaii soon. One additional thought about agroforestry: Planting pigeon peas alongside other crops improves soil health.

**What is the cost of shipping your products to the D.C./Maryland/Virginia area?**

You can purchase Amasar products at [www.amasar.net](http://www.amasar.net). When I entered a Maryland address, I was charged \$3.36 for 3-4 day shipping.

**How did you get the local certification to get access to the national and USA market? Like FDA and others...being a Puerto Rican small business?**

Every factory must be HACCP (Hazard Analysis and Critical Control Points) certified. HACCP is an internationally recognized food safety management system used to identify and control potential hazards in food production. It is not an export permit but is often required by buyers and importing countries. In Puerto Rico, businesses obtain HACCP by completing accredited training, developing a product- and facility-specific HACCP plan, and undergoing an audit by a recognized third-party certification body.

**Suggestion: A global educational campaign centered around breadfruit. Generic posts we can all use on our social media platforms and websites along with our brand centric posts.**

Good idea! TTFF will do this soon.

**Proponents of regenerative agriculture make claims of higher nutritional value of their product. Have you compared nutritional value of your fruit to non-agroforestry grown (in PR) breadfruit?**

Another very good question. This topic will be at the top of TTFF's list when we obtain funds for research.

**How can I get in contact with you?**

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