



Plant Mash-Up

2022 Runner-Up Contest Winner

Silver Maple and Breadfruit combined to address Food Deserts and Malnutrition



In America, about 13.5 million people who have low access to healthy food live in ‘food deserts,’ which are areas in which residents suffer from obesity and diabetes because of the low-quality food they have access to. Breadfruit can help fix this. A tropical fruit, one cup of it contains more potassium than three bananas. It is also known for helping with weight loss and absorbing blood sugar. Most dieticians agree it is an excellent source of nutrition. Silver Maple, on the other hand, is known for being hard to get rid of, almost a weed, and of the most common trees in the US. If these two could be combined, low-income citizens could have access to nutritious food from a tree that already grows everywhere in the US.

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