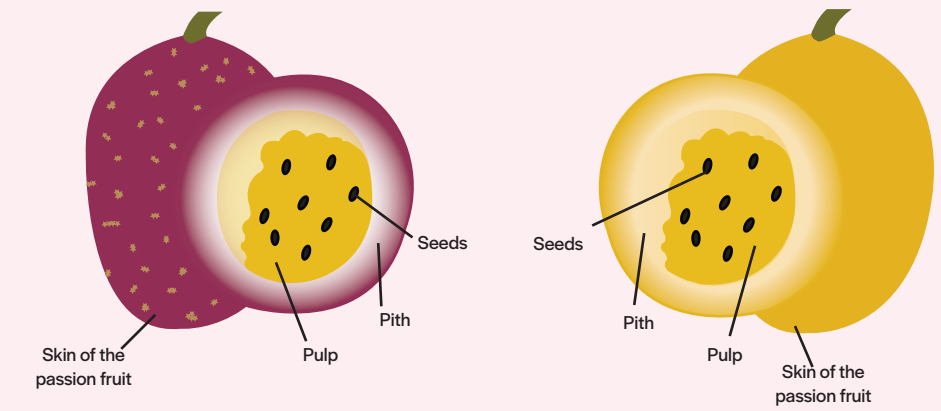


Passion Fruit



Health Benefits

It is rich in Vitamin A, B2, and C.

Contains fair amounts of iron, potassium, sodium, and magnesium.

Helps with digestion and bowel movements.

Helps with curbing insomnia and sleeplessness.

Did you know?

- There are 40 species out of 550 species are indigenous to tropical and subtropical America.
- The best adapted subspecies in California is the purple fruit.
- The purple fruit is native to South Brazil, Paraguay, and Northern Argentina.
- The yellow fruit subspecies is native to the Amazon Rainforest.

Appearance

There are two kinds of passion fruits.

- On the left is the most common one, it has a purple exterior with a white pith and a yellow pulp with black seeds.
- On the right is the least common one, it has a yellow exterior and has the same interior as the purple one.

Taste

The taste of the passion fruit has a sweet and tart taste. The seeds, which are also edible, taste aromatic. Passion fruits are often used in desserts, beverages, salads, and yogurts. You can also eat it fresh.

Nutrients (per 100g)

1.9g Dietary Fiber	17 Calories
0.4g Protein	23.38g CHO (carbohydrates)

Growing the Fruit

1. After the seed is extracted from the fruit, they are placed into the seed beds. This happens in March-April and the temperature best for growing is 20-30 celsius or 68-86 fahrenheit.
 2. After 3 months, the transplantation of the seeds will be from the seed beds to the main plantation.
 3. The pollination of the plants are different for the type. The purple plants are flowered in the morning while the yellow ones are in the afternoon. It takes place within 1-2 hours.
 4. The major bloom of the purple flowers occur in March-April and July-August. The yellow flowers bloom occur May-June and Septemeber-October.
 5. The fruits take about 70-80 days to mature.
- *You can now pick the fruit and enjoy it. It should last between 2-4 weeks unrefrigerated.

Growth Stages of a Passion Fruit

