

DRAGON FRUIT

Dragon fruit received its name because the plant itself resembles a wild dragon. It is rich with antioxidants, fiber, and Vitamin C. It also contains phosphorus and calcium. Dragon fruits come in three different color varieties, pink, white & yellow. The dragon fruit is best eaten by cutting the fruit in half and scooping the flesh out. They are the same, but each have a distinct flavor to it. The seeds can be found everywhere within the fruit and is ok to eat.



Dragon fruits are grown locally in Hawaii. They have also flourished in American states such as Texas, and are also grown in Mexico and other South American countries such as Argentina and Peru.

The plant of the dragon fruit can grow from around a few inches or centimeters to up to twenty feet (around six meters).



Citrus Varieties of the World by J. Saunt

