Passion Fruit

What am I?

Passion fruit are a tropical fruit with a leathery, purple or yellow skin that has a yellow jelly-like center with black seeds. The skin tastes bitter and is typically discarded while the inside is sweet and slightly acidic.

How do I grow?

- Passion fruits grow on climbing vines and have large, shiny green leaves that are divided into three lobes.
- Before ripening, the skin is green.
- This fruit grows best in warm weather and takes 7-8 weeks for fruit to ripen.

Nutrition Facts

Passion fruit contains vitamins A, B and C, fiber and potassium.

Fun Facts

- Passion fruit is one fruit where the seeds are eaten, and the skin is discarded.
- Purple passion fruit is native to Argentina, Brazil and Paraguay while yellow passion fruit are native to the Amazon basin.

WISCONSIN DEPARTMENT OF
Public Instruction
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