**What Am I?**

We call this plant a fruit, but dragon fruit is actually considered a cactus. They have scaly skin that can be pink or yellow, while the inside flesh may be red or white with tiny, black seeds. It has a crunchy texture and sweet flavor like a kiwi or pear.

**How Do I Grow?**

- Dragon fruit is currently grown in Asia, Mexico, Central America, South America and Israel.
- Dragon fruit buds form on a cactus vines and are ready to harvest when their flesh is yellow or pink.

**Nutrition**

Dragon fruit is high in lycopene, which can lower risks of heart disease and cancer. It is also high in vitamin C, fiber and antioxidants.

**Fun Facts**

- The dragon fruit was once thought to be the last thing that comes out of a fire-breathing dragon’s mouth.
- The skin should not be eaten on a dragon fruit.
- There are several varieties of dragon fruit varying in taste, sweetness, skin color and flesh texture.