

Passion Fruit

Passion fruit comes from Brazil, Paraguay, and Argentina. It was introduced to Australia, and then reached Hawaii in 1880. The bulk of passion fruit business is still done in Brazil today. There, it is grown, juiced, and processed. Australia is a second lead producer of passion fruit. Today, it is grown and processed in Brazil, Australia, Kenya, Uganda, South Africa, India, Israel, and other warm places. It grows rapidly on a shallow-rooted vine, but it may only produce fruit for seven years. Wrinkled skin indicates sweeter flavor. The pulpy orange flesh is full of small, dark seeds. In the 1940s, an attempt was made to sell canned passion fruit juice, but World War II began, and the efforts were not successful.



Varieties

Purple is smaller, juicier, and flavorful with a less acidic taste. They have purple, hard, dimpled skin with yellowish-orange pulp. It is best for eating fresh.

Yellow is much more common around the world. It is larger and has dimpled, yellow skin, pale orange or yellow pulp, and brown seeds. It is best for juicing.

Panama have smooth, hard, purple or pink skin. They are sweet with yellow-orange pulp and black seeds.

Banana have an elongated shape, like a sweet potato, with soft, smooth skin. The pulp is tart.

Fun Facts

- Passion fruit are an excellent source of B vitamins, vitamin A and C, and fiber.
- Before passion fruit ripens, the skin is a soft green color.
- Passion fruit are one fruit where the seeds are eaten and the skin is discarded.
- The seeds and pulp make for a sweet topping and can be used in fruit salads, drinks, sauces, and jams.
- They are grown on a vine and have large, shiny, green leaves that are divided into three lobes.



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