



Dragon Fruit

Also Known as "Pitaya"

- Dragon Fruit has several other nicknames like, "Belle of the Night", "Cinderella Plant" and "Moonflower" because its flowers only bloom once at night.
- The outside of the Dragon Fruit is usually pink or magenta with green scale- like leaves (like the skin of a Dragon). The inside/pulp is white with tiny black seeds you can eat (can also be red inside). Dragon Fruit is oval in shape.
- Dragon Fruit is best eaten raw and slightly cold. It has a light, sweet flavor. Yum!
- Dragon Fruit can be cooked, or used in smoothies and jams, and even made into tea.
- Each Dragon Fruit plant only produces flowers 3-6 times a year.
- Dragon Fruit grows on a cactus plant and is picked by hand.



Dragon Fruit ready to be picked.

How to eat Dragon Fruit



With a Spoon.



Cut & Peeled.



Cut into quarters,
like an Orange.