

Yellow Dragon Fruit

What's the difference between yellow and red dragon fruit?

- The taste of yellow and red dragon fruit is different! Yellow dragon fruit has a sweet taste, large seeds, the amount of
- sugar accounts for about 20-25%. Red dragon fruit is usually sweet, the sugar accounts for about 15%, the seeds are small.
- Dragon fruit can be **stored at room temperature for up to two days**. If you need to store dragon fruit for a longer period of time, it can be kept in the fridge for up to one week.
- Dragon fruit is **in season from June to August**. However, it can be found year-round in most grocery stores.
- The “scales” on the outside of the yellow dragon fruit are also smaller than the ones on the red fruit.
- It can take **up to 3 years for a dragon fruit plant to mature** and produce fruit. Dragon fruit is ripe when it is soft to the touch and has a sweet taste.