



DRAGON FRUIT

DID YOU KNOW?

- Dragon fruit flesh is mild-flavored, soft and juicy, but will hold its shape when cut.
- Dragonfruit is oval to oblong and up to four inches long, dragon fruit may be red, peach-colored or yellow. This grapefruit-sized fruit actually grows on a climbing cactus.
- Dragon fruit spongy pulp is white or sometimes pinkish red, sweet and juicy with numerous tiny edible black seeds scattered throughout. This big bright red fruit's thick skin presents prominent scales giving it the appearance of an exotic oriental lantern.

FUN FACT!

Thought to be native to Central America and Mexico, "pitaya" is the Spanish name for this fruit. Unopened flower buds are sometimes cooked and eaten as a vegetable.



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