



# Passion Fruit

## What am I?

Passion fruits are a tropical fruit with a leathery, purple or yellow skin that has a yellow jelly-like center with black seeds. The skin tastes bitter and is typically discarded while the inside is sweet and slightly acidic.

## How do I grow?

- Passion fruits grow on climbing vines and have large, shiny green leaves that are divided into three lobes.
- Before ripening, the skin is green.
- This fruit grows best in warm weather and takes 7-8 weeks for fruit to ripen.



## Nutrition Facts

Passion fruit contains vitamins A, B and C, fiber and potassium.

## Fun Facts

- Passion fruit is one fruit where the seeds are eaten, and the skin is discarded.
- Purple passion fruit is native to Argentina, Brazil and Paraguay while yellow passion fruit are native to the Amazon basin.

