

DRAGON FRUIT



The dragon fruit (or pitaya) is the exotic fruit of a different species of cactus. It has a bright and vivid color and a very fine taste. Its skin can vary from yellow to bright red depending on the different varieties.

AVAILABILITY AND PROVENANCE

✓ PROVENANCE

VIETNAM

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

TARGET CUSTOMER: ASIAN

OPTIMAL TEMPERATURE FOR CONSERVATION

10 °C

PURCHASE GUIDE

To choose a fresh dragon fruit, look for a fruit with vibrant colors and whose scales should not be dry.

CONSUMPTION

The flesh of the dragon fruit is edible but is only eaten raw, which allows you to make the most of its vitamins and benefits. On the other hand, this fruit is so pretty that we often use it to decorate cakes and pastries, in fruit salad or when we want to impress our friends!

NUTRITIONAL VALUE

The seeds of the fruit help digestion because they produce a mild laxative effect. The dragon fruit is rich in vitamins, minerals, fiber, antioxidants and betacyanin and has only about 50 calories.

