

PASSION FRUIT



The passion fruit comes from a climbing plant native to Paraguay, Brazil and northeastern Argentina. This subtropical plant does not tolerate well the cold weather and that is why it is cultivated in warm countries. At maturity, its fruit is a purple berry, 3 to 4 cm in diameter, containing many black seeds, surrounded by edible flesh. There is also a yellow variety called the Maracuya.

AVAILABILITY AND PROVENANCE

PROVENANCE

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

COLUMBIA

TARGET CUSTOMER: HISPANIC & CARIBBEAN

OPTIMAL TEMPERATURE FOR CONSERVATION

8 - 10 °C

PURCHASE GUIDE

Choose passion fruits that smell fragrant and feel heavy in your hand. When ripe, their skin becomes wrinkled and yields to finger pressure.

CONSUMPTION

There are several ways to eat passion fruit, but the most common is to cut it in half and eat it raw with a spoon to scoop out the pulp from the shell. You know the fruit is ripe when the outside is wrinkled. It can also be added to yogurt, jams, desserts, or even cocktails. Let your imagination run wild!

NUTRITIONAL VALUE

Passion fruit is rich in carotene, vitamin C, minerals, and fiber.

