

# DRAGONFRUIT

*(Hylocereus undatus / costaricensis)*



## A few facts

- Dragonfruit, also known as Pitahiya, is the amazing looking fruit of a shrub-like cactus (Cactaceae)
- The fruit has two main varieties- *Hylocereus undatus* - white flesh and *Hylocereus costaricensis*- red flesh.
- There is also a yellow fruit- *Hylocereus megalanthus*
- The plant only flowers at night and rely on nocturnal pollinators

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## **How to grow**

- Dragonfruit can be grown in a sunny spot and likes free draining soil and will grow all year
- The flowers are amazing, scented and only flower at night, for one night only
- The cactus needs a trellis for its segments to climb up and will grow into multiple stems if supported beyond an original pole
- Fertilise with organic fertiliser occasionally, do not over water and grow in free draining soil in a sunny spot.

## **How to grow more**

- The easiest way to grow Dragonfruit is from its cuttings- the cactus is segmented and one of these segments can be popped into the ground and it will root and grow from there.
- The seeds of the fruit can also be saved and grown- this takes much longer!

## **How to eat them**

- Dragonfruit has a very subtle fragrant flavour. It can be eaten straight from the skin and is enhanced with a squeeze of lime.
- The red dragonfruit have an amazing intense purple/ pink colour and are wonderful in smoothies and deserts like sorbet and coulis.
- The can be added to a splash of colour in fruit salads, used to top cakes or added to cheese cakes etc.