

SPOTLIGHT ON PRODUCE

WHAT AM I?

Dragon fruit (also called pitaya) has a leather-like skin with scaly spikes on the outside. The inside has a sweet tasting flesh that can be red or white with black seeds.

HOW DO I GROW?

Dragon fruit grows on a cactus that grows on a tree. It can grow up to 20 feet tall!

NUTRITIONAL FACTS

Dragon fruit contains antioxidants which helps prevent the chance of developing a chronic disease.

FUN FACT

The dragon fruit was once thought to be the last thing that comes out of a fire-breathing dragon's mouth.

DRAGON FRUIT

