

## Description

Passionfruit  
*Passiflora Edulis*  
Family: Passifloraceae

## Growing Tips

Passionfruit is a perennial vine with ribbed stems and one-or-three-lobed glossy green leaves. It produces an intricate flower with a wreath of white petals with a blue, sometimes purple, marking that forms a ring arranged around pronounced reproductive formations. At the end of summer purple fruit with leathery skin and soft orange pulp forms which hold several seeds forms.

## Parts Used

It likes well-drained soil and full sun. It also requires the support of a structure such as a trellis or a fence to avoid sprawling over other plants.

## Uses

Fruit

Passionfruit pulp is used to flavour desserts such as Crème Brûlée, soufflés, cheese cakes and coconut cakes. It is made into summer cocktails throughout its region of origin, South America; in Brazil it is made into mousse and added to the famous drink Caipirinha and in the Dominican Republic it is used in preserves. In Puerto Rico it is used to lower blood pressure .

## Origin & History

A native to Paraguay, Brazil and Northern Argentina, it is cultivated throughout South America, Mexico, India, Indonesia, Florida, Southern Europe, Australia and New Zealand. It was named Passionfruit because of its distinctive flower that missionaries believed was symbolic to the passion of Christ.

