

FGCU Food Forest

Plant Database

Passion Fruit (*Passiflora edulis*)

Quick Facts

Origin: South America.

Description: Passion Fruit, or Passionfruit, is a fast-growing vine that fruits sweet, acidic fruit. Passion flowers are beautiful and showy, and the leaves are ovate with a palmate venation.

Uses: Edible raw and in juice; privacy screen; pollinator and bird attractant.

Harvest: Summer to Fall.

Flower: Showy white and purple flower that appear during summer months. Blooms feature 5 white petals with purple tinges at the base, and a yellowish, triple-branched central structure.

Tolerance: Not salt tolerant; cold hardy down to at least 32°F; moderate drought tolerance; moderately wind resistant when mature. Prefers well-drained soils and full sun.



General Description: Passion Fruit is an extremely fast-growing subtropical vine that features beautiful flowers and delicious sweet and sour fruit. Passion Fruit is a vining species and needs a fence or similar structure to climb on. Passion Fruit is very aggressive and hardy, and will fruit prolifically if planted in good soil and given enough water.

- **Native Origin:** South America; native throughout northern Argentina, Paraguay, and southern Brazil.
- **General History:** Passion Fruit is native to Argentina, Paraguay, and Brazil, but is widely grown in the tropics and subtropics worldwide. In the late 1880s and early 1900s, seeds were sent to Australia, Hawaii, New Zealand, and other subtropical areas, although Brazil already had a thriving passionfruit industry. Between 1915 and 1940, multiple cultivars and varieties were bred and grown on many different continents. Kenya and Uganda established commercial

operations in the 1930s, and by the 1950s, South Africa had a thriving passionfruit industry. *Passiflora edulis* was documented in south Florida in 1887, but failed to become commercially viable due to disease and the cold winter months; however, passionfruit remains popular in home gardens throughout south Florida.

- **Distribution:** Tropical and subtropical regions worldwide.
- **Season of Harvest:** Summer months.
- **Culinary Uses:** Edible raw or made into a juice; leaves and flowers can be made into a tea and used medicinally as a sedative or tranquilizer. Passionfruit can be cut in half lengthwise and eaten out of hand, or it can be made into a pulp. If blended correctly, the seeds can be removed from the juice, or the fruit can be juiced through a filter to remove the seeds. In many South American cultures, passionfruit is combined with orange and pineapple juice and made into cold drinks. Alcoholic beverages made with passionfruit are also quite popular, such as a wine called “Parchita Seco”, which is sold in Costa Rica. Schnebly Redland’s Winery in Homestead, Florida also sells a wine made from passionfruit. Passionfruit can also be boiled down into a syrup and used to make sauce, desserts, candy, meringue, etc.

Passion Fruit	
Scientific Classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Malpighiales
Family:	Passifloraceae
Genus:	<i>Passiflora</i>
Species:	<i>P. edulis</i>

Sources

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