

PASSIONFRUIT

Passiflora edulis

Passionfruit (*Passiflora edulis*) are a prolific edible climber that produces delicious-tasting fruit. Passionfruit are semi-deciduous and have a thick layer of lush green leaves over the warmer months. Passionfruit have a sweet and sometimes tart tropical flavour depending on their ripeness.

Passionfruit like many edible plants comes in a huge range of varieties! Passionfruit are hardy and easy to grow in even hot dry climates. Below is based on *Passiflora edulis* - do not eat leaves and flowers of unknown varieties including rootstock.



SEEDS

The seeds are edible but can be bitter when bitten open.

FLESH

Sweet and tangy the flesh can be eaten raw or strained to remove seeds and used as a juice.

FLOWERS

Flowers can be used in teas. Ensure they are not Rootstock. Main passionfruit have 3 pronged leaves.

LEAVES

Leaves can be used in teas and stirfries.

