



WHITE DRAGON FRUIT

GROWN IN FLORIDA AND ECUADOR, THIS TROPICAL FRUIT IS A BEAUTY IN ITSELF. WITH A SLIGHT TART FLAVOR, THIS VARIETY IS GREAT IN FRUIT SALADS AND SMOOTHIES.

Dragon Fruit is best eaten fresh. Just cut open and scoop out the white pulp and small crunchy, edible seeds. For a fun fruit salad addition, scoop out the pulp with a small melon baller. You can also freeze Dragon Fruit spheres and add the frozen orbs to your drink as a cool garnish.

It's a fun and healthy snack for kids: Cut the pulp in cubes and place on skewers, sprinkle with honey and enjoy!

A GOOD SOURCE OF FIBER AND ANTIOXIDANTS

SELECTION:

Choose fruits with a smooth, deep magenta skin.

AVAILABILITY:

Year-round with gaps.

STORAGE:

Store at room temperature or fridge.

HOW TO EAT



Keep Refrigerated 50° F / 10° C

Cut open and enjoy the white pulp and black edible seeds.