PASSION FRUIT

♦ Passion Fruit comes from South America. When the Spanish missionaries first saw it they thought their flowers portrayed "Christ’s passion on the cross" - passion here meaning suffering rather than to please—because it showed the Three Nails, the Five Wounds, the Crown of Thorns and the Apostles.

♦ Passion Fruit, considered a berry, comes in several distinct types, varying in size, color and taste.

♦ Select those that are heavy for their size with smooth to slightly wrinkled skin.

♦ They grow on a vine, which is often trellised. Their leaves are large, shiny, green and divided into three distinct lobes.

♦ Purple passion fruit has beautiful flowers with a crown-like appearance