



Dragon Fruit

- ◆ Dragon fruit is also known as pitya or strawberry pear. The fruit has been referred to as the most beautiful in the cactus family. Each stem segment of the plant can grow up to 20 feet long. It is found in Central Mexico, Central America, South American and Southeast Asia.
- ◆ The juicy flesh is actually quite mild in flavor, similar to a melon or pear.
- ◆ Dragon fruit is rich in carbohydrate, protein, calcium, iron and phosphorus. It also provides large amounts of vitamin B3 and Vitamin C. The fruit is also rich in fiber and antioxidants.
- ◆ Legend had it that the pitya was brought into existence thousands of years ago when a fire-breathing dragon spewed dragon fruit during battle. Each time soldiers slew a dragon, they gathered this fruit and gifted it to the Emperor.

