

**Common names**

**Dragon fruit,**

Cactaceae

**Scientific name**

***Selenicereus undatus***

**Edible portion**

Fruit, Seeds, Flowers, Vegetable, Stems,



## Description

A cactus which climbs. It has triangular stalks. Stalks can be 7 m long. It grows in soil and on rotting plant material. It has aerial roots enabling it to climb. The stems have joints and branched. The spine spots are spaced along the edge of the stems. They have a few short, dark spines. The flowers are white but yellowish-green on the outside and open at night. They are 30 cm long. The fruit are round and red, with long scales. Some varieties are pink or yellow. The skin is thin. The flesh is white with small black seeds.

## Distribution

A tropical plant. It grows best in dry tropical and subtropical climates. It suits the lowlands. It needs good light. It suits areas where rainfall is 500-1250 mm per year. It is best in seasonally wet and dry climates. In wet tropical zones plants may grow well but have trouble setting fruit. It needs a temperature above 13°C to grow. It can tolerate temperatures to 40°C and light frosts. It suits hardiness zones 10-12. In Yunnan.

## Found in:

Africa, Asia, Australia, Bahamas, Bangladesh, Belize, Bermuda, Brazil, Cambodia, Central America, China, Colombia, Costa Rica, Cuba, Dominican Republic, East Africa, El Salvador, Guam, Guatemala, Hawaii, Indochina, Israel, Jamaica, Marquesas, Mauritius, Mexico\*, Mozambique, Nauru, New Caledonia, Nicaragua, North America, Pacific, Puerto Rico, Reunion, SE Asia, Singapore, Solomon Islands, South America, Sri Lanka, St. Vincent and Grenadines, Taiwan, Tunisia, Tuvalu, USA, Vietnam, West Indies,

## Use

The fruit is eaten fresh. It is also used for drinks. A syrup of the fruit is used to colour pastries and candy. The unopened flower buds are cooked and eaten as a vegetable. They are used in soups. The young tender stems with leaves are plucked and eaten as a vegetable.

## Cultivation

Plants can be grown by seed or stem cuttings. The cuttings are usually dried out for a week or two. The plants are self sterile and have to be pollinated by bats and moths. Hand pollination is recommended for good fruit production.

## Production

They can have 4-6 fruiting cycles per year. The fruit weigh 300-800 g.



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## Nutritional Values

### *Selenicereus undatus*

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Fruit		89.4			0.5		25	0.4	



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