

# DRAGONFRUIT

## Plant Traits

Plant Type	Vining cactus
Size	10-15 cm in length
Spacing	3m
Bloom Time	6-8 months
Flower Color	White
Root Depth	10 inches
Pests	Mites, thrips, ants, scales, leaf-footed bugs, mealybugs, and slugs have been reported. Rats and birds may also cause damage to fruit and plants

Diseases      Fruit and stem rot fungus (*Colletotrichum gloeosporioides*) and black spot bacterium (*Xanthomonas campestris*)

## Plant Care

Light	Full sunlight
Soil	Well draining fertile soil
Support	Once the fruit plant reaches twelve inches tall, it will need a support system to continue to grow
Water	Water or mist the soil bed consistently, keeping it evenly moist. You should start to see new growth and a developing root system in three or four weeks
Fertilizer	1-1.5 ounces of NPK at a 1:1:2 ratio every 4 months for each plant

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## Recipe

### Dragon Fruit smoothie bowl

Ingredients:

- 2 cups frozen dragon fruit cubes (or 1 3.5 ounce packet frozen dragon fruit)
- 1 cup plain greek yogurt (option: coconut yogurt for my vegan friends)
- 1 medium frozen banana

Directions:

1. Place the ingredients together in a blender
2. Blend until smooth
3. Pour into bowls, add your favorite toppings, and enjoy

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## Sources

1. [How to Grow Dragon Fruit From Seeds and Cuttings - 2022 - MasterClass](#)
2. [How To Grow Dragon Fruit At Home - You Should Grow](#)
3. [Dragon Fruit.pdf \(uog.edu\)](#)
4. [15 Dragon Fruit Facts \(aqhires.com\)](#)

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## Extra recipe:

Dragon fruit salad

Ingredients

- 2 medium Dragon fruit
- 3 medium Kiwi
- 1 Watermelon
- 6 ounces of Raspberries

Instructions

1. Scoop out seeds from watermelon
2. Slice up all fruit into bite sized pieces
3. Place into a bowl and lightly toss and enjoy!

[Dragon Fruit Salad Recipe | Kitchn  
\(thekitchn.com\)](https://www.thekitchn.com/dragon-fruit-salad-recipe)

[Dragon Fruit Smoothie Bowls \(3 Ingredients!\)  
- Jar Of Lemons](#)

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