

FOOD PREPARATION STEPS



1. Wash dragon fruit thoroughly under running water.



2. Cut off thick end of fruit.



3. Slice fruit in half lengthwise, then cut again lengthwise.



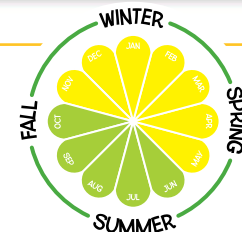
4. Slice each quarter into triangle-shaped pieces.



5. Serve. The thick outer skin is usually not eaten.

Dragon fruit are a great source of fiber, which helps to maintain digestive health.

The edible seeds contain healthy polyunsaturated fats, which can help reduce "bad" cholesterol and promote heart and brain health. Dragon fruit are also a good source of vitamin C, and antioxidant that helps prevent damage to cells and fights illness.



● MODERATE AVAILABILITY ● PEAK AVAILABILITY

- Dragonfruit are available June through October. They can be difficult to find, so plan ahead and make orders early.
- Look for bright colored fruits that are smooth and give slightly to gentle pressure. Avoid fruits that are overly dried out, bruised, or shriveled.
- Dragonfruit can be stored for several days in a refrigerator.

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, take-home letters, food preparation tip sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.