

## PASSIONFRUIT - LILIKO'I



**Hawaiian Name:** *Liliko'i* (yellow passionfruit, though many refer to the purple fruit as liliko'i also)

**Common Names:** Passionfruit, yellow or purple granadilla

**Scientific Name:** *Passiflora edulis* (purple), *Passiflora edulis var. flavicarpa* (yellow)

**Origin:** Brazil, Paraguay, Northern Argentina

**Plant Part Eaten:** Fruit, Seeds

### Locally Grown...

- Although it has a Hawaiian name, liliko'i is not native to the islands. It was introduced to Hawai'i in 1880 via Australia and planted in the district of Liliko'i in East Maui.
- By 1930, liliko'i was growing wild on all Hawaiian islands.
- Many types of passionfruit are invasive, quickly outcompeting native vegetation.
- Liliko'i produce fruit in Hawai'i from late summer into the winter.



### Where else it's grown in the world...

Passionfruit are grown in the Pacific Islands, Central America, South America, and Australia.

### Nutrition Info...



- A good source of Vitamin C, which helps us to fight infections and inflammation.
- Provides Vitamin A, which is important for good eyesight and healthy skin.
- Contains potassium, which helps us to regulate heart rate and blood pressure.
- Seeds are a good source of fiber to aid in digestion.

### Meet a Farmer...

**Farm:** Kūpa'a Farms Organic

**Farmers:** Gerry Ross & Janet Simpson

**Location:** Kula, Maui

**Website:** [kupaafarms.org](http://kupaafarms.org)



[kupaafarms.org](http://kupaafarms.org)

Kūpa'a Farms grows nearly 40 different kinds of organic fruit and vegetables including coffee, pineapple, potatoes, sweet potatoes, taro, lettuce, cabbage, broccoli, radishes, sweet corn, carrots, onions, beans, mango, sugar cane, beets, kale, chard, liliko'i, eggplant, string beans, yacon, grapefruit, tangerines, banana, papaya, and a few herbs. Gerry and Janet focus on keeping their soil alive and healthy through compost, cover crops, and avoiding bare soil. In addition to feeding Hawaii with great produce, Kūpa'a Farms has contributed to education through the Agriculture in the Classroom program.

### In the Garden...

- Seeds may be collected from the delicious fruit. Plants can also be grown from cuttings that include at least three nodes.
- Plant seeds in small containers and transplant seedlings after they are about six inches tall.



- Liliko'i grow best in sunny locations with well-drained soil. The plants also require a trellis that will support their climbing vines.
- Plants should be spaced at least four feet apart to give vines room to climb. To ensure pollination, plant two or more vines.
- After transplanting, water deeply then only when soil dries out.
- After fruiting is completed, prune plant by a third to encourage future growth.

## Let's Get Cooking... Liliko'i Salad Dressing

### Ingredients

- 1/3 cup liliko'i juice (~4 fruit)
- 1/2 cup good quality mayonnaise or Vegenaise
- 1 tablespoon Hawaiian honey
- Salt and pepper to taste

### Directions

1. Blend all ingredients together with a whisk or in a blender.
2. Add a small amount of salt and pepper as desired.
3. Blend again then drizzle over your favorite green salad.

### To Juice Liliko'i:

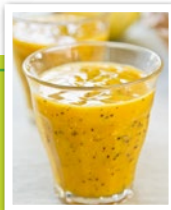
1. Wash liliko'i.
2. Cut fruit in half and scoop pulp into a bowl.
3. To separate seeds from juice, mash the pulp into a sieve with a spoon, collecting juice in a bowl beneath it.
4. Add about 1-2 tablespoons water to the sieve and continue mashing the pulp through the sieve.
5. About 12 liliko'i will make 1 cup of juice.



Create a creamy and tangy dressing for fruit salads by blending liliko'i juice (or liliko'i pulp with the seeds), plain yogurt, and a bit of orange juice.

*Dressing recipe adapted from Kathy Maddux, Mohala Farms; Juice directions adapted from lilikoihawaii.com.*

*Reminder: Please compost your food waste.*



## What can you make with passionfruit?

Liliko'i can be made into a sweet passionfruit butter. Juice can be used for a spritzer or smoothie or as a flavor for ice cream, sorbet, or slushes. It tastes great as a marinade and in sauces for meats and fish. Liliko'i is great as a flavoring for desserts. It is also a tasty addition to a local salad dressing. Mix the pulp with honey and yogurt and drizzle over fruit.

## Did you know?

1. Passionfruit flower is the national flower of Paraguay.
2. Passionfruit seeds are edible and an excellent source of fiber.
3. Passionfruit has been used in traditional healing to treat respiratory health, cure urinary tract infections, as a mild diuretic, and to promote heart health.
4. The leaves and flowers are also used in herbal medicine to promote relaxation and a restful sleep during the night.
5. The best passionfruit are those that are wrinkled; smooth, shiny fruits need a few more days to ripen.



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, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit [www.kokuahawaiifoundation.org/HawaiianHarvest](http://www.kokuahawaiifoundation.org/HawaiianHarvest).

*Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos by Anthony Ching, Kōkua Hawai'i Foundation, and Shutterstock unless noted otherwise.*