



Jessie's Tropical Fruit Farm Dragon Fruit Varieties

American Beauty

This variety of Dragon Fruit has an impressive appearance both inside and out. It also has the flavor to back up its good looks. The fruit size ranges from 0.5 to 1 pound and occurs without cross or hand pollination. When the fruit is ripe, it is round and the deep green fins blend into the pink skin giving the fruit a nice green to pink fade, the flesh is magenta. Stems of the plant are three sided with small spines. They have a heart-shaped rib that is very typical of Guatemalan varieties.

Dark Star

This variety has a medium to large-sized purple-fleshed fruit that typically weighs .75 to 1.5 pounds. The fruit has a mild grape-like flavor that has an average brix rating of 19. The skin of the fruit has a darker pink tint to it where it could have possibly received its name. This variety is self-sterile meaning it needs compatible pollen from a variety to set fruit.

Delight

Delight is a very productive plant producing blooms all summer long. Delight is a self sterile variety and will need a universal pollinator to set fruit. Delights fruit is medium-sized fruit that typically weighs 1 pound. The flesh has a unique pink hue that has a delightful flavor, and this is where it gets its name. Flowers are enormous nocturnal blooms over 14 inches across and bloom all summer. Stems are green three-sided with small spines along the rib.

Lisa

This variety is a Nicaraguan Dragon Fruit with dark red flesh and red skin. It is one of five known varieties to be grown commercially in Nicaragua. The fruit is delicious, having both flavor and sweetness. With an average weight of 1 pound and average brix of 18 to 20. Like most red flesh varieties, the fruit is also very high in antioxidants. Flower bud to night-blooming flower is a typical 30 days then another 30 days to harvest. When the flowers open, they are some of the largest of all Dragon Fruit. When seeking fruit, you will need to find another pollinator from another species as Lisa is self-sterile and needs cross pollination to set fruit. A gray coating is present on the stem to help protect the plant from the heat in the summertime and cold in the wintertime.

Maria Rosa

The exterior appearance of the fruit is a perfect example of Dragon Fruit having hot red skin with well defined green fins that typically weigh about a pound. The interior has a pale pink flesh with a mild lemon flavor but refreshingly tasty. The plant is a strong and sturdy grower requiring minimal support. These stems are very long thick three sided segments with small spines. This variety thrives in full sun and typically receives minimal sun damage. Flower budding to flower is 30 days and another 30 days from flower to fruit. This plant is also self-fertile making it a great choice for beginner gardeners or commercial growing.

Physical Graffiti

This variety produces a pinkish red-skinned fruit with light purple sweet flesh. These fruits are medium to large averaging .75 to 1.5 pounds. This variety is certainly worthy of attention by home growers for its exceptional taste. If you're looking for great tasting fruit you must consider this variety. On the downside, this variety is self-sterile but will set fruit with most red-fleshed fruit pollen. The flowers are huge nocturnal blooms that are over 14 inches across and bloom all summer long. It is tops on the list when it comes to flower production. This variety grows very aggressive.

Purple Haze

The fruit of Purple Haze has a bright purple flesh with a pink exterior and green fins with a refreshing sweet grape type flavor. Fruits are large and can range from 1.0 to 2.0 pounds, but for even more abundant fruit, try bud thinning. This variety typically has three fruiting cycles per calendar year. Some internet research mentions Purple Haze to be self-pollinating. However, that's not guaranteed. As with all Dragon fruit hand pollination ensures a better fruit set and larger fruit. This fruit has an average brix score of 19. This plant is a very aggressive grower and fills in quickly.

Robles Red

Robles Red is a self fertile variety. It has a vibrant pink skin and deep purple to crimson red flesh. An excellent all-around variety that is cold tolerant and very hearty. It grows fast and produces fruit quickly when compared to other varieties. The fruit matures quickly and ripens a few days faster than most other dragon fruit varieties. The skin is thick and will do well against bruises. The taste is refreshing and mildly sweet with a hint of floral essence. The fruit ranges in size from ½ lb to over 1 lb.

Sugar Dragon

Sugar Dragon produces small half-pound to three-quarter pound oval-shaped fruit. The external appearance of the fruit is red with tiny deep green, almost brown fins. The inner flesh is a bright red purplish color with a semi-firm texture that is very sweet. The fruit has an average brix score of 18-20. The flowers of Sugar Dragon are plentiful, fragrant, and self-fertile. Pollen is also used widely to assist in pollination self-sterile varieties. This variety is considered to be an excellent universal pollinator. Sugar Dragon is a robust grower with meaty stems that are olive green in color.

Vietnamese White Giant

Vietnamese White Giant is a variety imported from Vietnam. It has night-blooming large fragrant flowers that emerge in late spring to early fall. When ripe this fruit turns pink with green fins. This variety has a white flesh that is tangy with a watermelon texture and small edible seeds. The dramatic color contrast between the inside and outside makes this variety popular among consumers worldwide. Budding is very heavy and is suggested to thin out to produce even larger fruit. If you are a first time Dragon Fruit grower, this is the choice for you. The main reason is because this variety is self-pollinating meaning it will set fruit without being hand pollinated.

Zamorano

Zamorano Dragon Fruit is a small to medium-sized fruit typically weighing .75 to 1 pound. The skin of the fruit is red with dark green fins. The flesh is crimson red and has a sweet mild flavor. This fruit is great eaten fresh, in jams, as a garnish, or even juiced in drinks. Flowers are night-blooming and are quite huge, over 14 inches across. This variety is self fertile and a great source of pollen as well as being one of the first varieties to bloom and continuing to flower all year long. As a starter, growth is on the slower side but gets better when mature. Because of this slow growth supplies are limited and this plant sells out yearly.

Harvest & Storage

The general ripening season is June through November. The fruit will get soft and colorful. To remove the fruit from the cactus use clippers to cut into the cactus on an angle removing a small section of the cactus leaving it on the fruit which allows for a longer shelf life, doing this will also protect the fruit from damage from clippers. The fruit can be stored at room temperature for several days or they can be refrigerated for 3 weeks and for optimal storage keep them in a clear plastic bag in the refrigerator.

Dragon Fruit Health Benefits per Web MD

Dragon fruit has many potential health benefits, including: It's rich in antioxidants like flavonoids, phenolic acid, and betacyanin. These natural substances protect your cells from damage by free radicals -- molecules that can lead to diseases like cancer and premature aging.

It's naturally fat-free and high in fiber. It makes for a good snack because it can help keep you full for longer between meals.

It may help lower your blood sugar. Researchers say this might be partly because it replaces damaged cells in your pancreas that make insulin, the hormone that helps your body break down sugar. But the studies were done on mice, not people. It's unclear just how much dragon fruit you'd have to eat to get these benefits.

It contains prebiotics, which are foods that feed the healthy bacteria called probiotics in your gut. Having more prebiotics in your system can improve the balance of good to bad bacteria in your intestines. Specifically, dragon fruit encourages the growth of the probiotics lactobacilli and bifidobacteria. In your gut, these and other helpful bacteria can kill disease-causing viruses and bacteria. They also help digest food.

It can strengthen your immune system. Dragon fruit is high in vitamin C and other antioxidants, which are good for your immune system.

It can boost your iron levels. Iron is important for moving oxygen through your body and giving you energy, and dragon fruit has iron. The vitamin C in dragon fruit helps your body take in and use the iron.

Dragon Fruit Nutrition per Web MD

In one 6-ounce serving of dragon fruit cubes, you'll get:

Calories: 102, Fat: 0 grams, Protein: 2 grams, Carbohydrates: 22 grams, Fiber: 5 grams, Sugars: 13 grams

You'll also get these vitamins and minerals: Vitamin A: 100 international units (IU), Vitamin C: 4 milligrams, Calcium: 31 milligrams, Iron: 0.1 milligram, Magnesium: 68 milligrams