

IX. HEALTH BENEFITS

- Antioxidant for cancer, lowers blood pressure/stress related disorders and prevent heart disease.
- Rich in Vitamin C and water soluble fiber.
- Prevents constipation and good for UTI.
- Improves eyesight and prevents diabetes and rheumatism.

X. SPECIAL DISHES

- Unopened flower buds—cooked as salads and eaten as vegetables.
- Dried Flowers—cooked as soups and as herbs.
- Skin Pulp—boiled as cleansing drinks and jam.
- Special Beverages—processed to flavor all kinds of drinks and special drinks

The fruit comes in three types, all with leathery, slightly leafy skin:

- *Hylocereus undatus*—white flesh with pink skin
- *Hylocereus polyrhizus*— red flesh with pink skin
- *Selenicereus megalanthus*— white flesh with yellow skin



PRODUCTS AVAILABLE:

- Dragon Fruit Planting Materials
- Dragon Fruit Jams
- Dragon Fruit Cup cakes, cookies, macaroons
- Dragon Fruit shanghai, burger patties, empanadita, shomai
- Dragon Fruit ice cream



ACKNOWLEDGEMENT

"The Potential of A Dragon Fruit" By Dr. Marlowe U. Aquino, BAR Digest Volume 7 Issue No. 3, July-September 2005



Published by:
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About Pitaya



The **Dragon Fruit**, also known as *Pitaya* is the fruit of several cacti species and native to Mexico and Central and South America. these vine-like epiphytic cacti are also cultivated in Southeast Asian countries such as Vietnam, Thailand, Malaysia, Taiwan and the Philippines. The *pitaya* only blooms at night; they are large white flowers that are often called **Moonflower** or Queen of the Night.

I. BIO-PHYSICAL AND CULTURAL MANAGEMENT

- *Pitaya* prefers free draining soil with pH 5.3-6.7 with high organic matter.
- Grown successfully in sandy soil avoiding water-logged areas and saline soils.
- Shallow rooted with most roots concentrated at the top 15-30 cm soil depth.
- Needs 30% shade to full sun.
- Propagated by seeds or stem cuttings.
- Stem cutting are raised in nurser-

II. PLANT ESTABLISHMENT

- Planting distance is 3m between concrete post and 4 between rows.
**Narrower spacing allows quicker production*
- 3 to 4 plants per post
- For direct-rooted cuttings, they are planted 15 cm away from post at an angle leaning towards the post.

III. NUTRIENT MANAGEMENT

- Requires organic fertilizer.
- 3 months after planting, apply a handful of 14-14-14 or if you choose to grow organic dragon fruit, apply pure organic fertilizer
- Continue fertilizer application every 3 months thereafter.
- Spray foliar fertilizer every 2 weeks during vegetative stage.

Recommended Rate of Fertilizer :

1-2 years old Dragon Fruit Plant

- 200 Nitrogen grams/tree/year
- 100 P₂O₅ grams/tree/year
- 15 K₂O grams/tree/year



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2-3 years old Dragon Fruit Plant

- 500 Nitrogen grams/tree/year
- 200 P₂O₅ grams/tree/year
- 400-500 K₂O grams/tree/year

4 years old and above

- 800-100 Nitrogen grams/tree/yr
- 400-500 P₂O₅ grams/tree/year
- 500-800 K₂O grams/tree/year

IV. CROP PROTECTION

Use the following to treat common pests that attack the plants:

- Chloropyrifos-based insecticides (SupremoEc, GaroteEc, Siga 300Ec, etc)
- Copper-based fungicides (Vitigran Blue, Dithane M45, Mancozeb, etc.)
- Systemic fungicides (Indar2F, Benomyl, carbendazim)

V. PRUNING

- Prune to obtain an open, manageable and productive umbrella shaped canopy.

VI. WEEDING

- Handweed within the inner 30 diameter of each post.

VII. WATER MANAGEMENT

- Irrigation is critical during fertilizer application and fruiting.
- For newly planted, allow soil to dry before irrigation to avoid collar rots.

VIII. HARVESTING

- Indices include full red coloration, swelling of the naval end up to cracking.
- Fruit is harvested 25-30 days after flowering with 5-6 fruit crop cycles a year (May-November)
- Store at 5 degree C with 90% RH up to 40 days