

What are the uses?

The fruits can be eaten as raw or processed for ice cream, cookies, candies, jam, wines, shake, for special beverages or as flavour for all kinds of drinks and ingredients of various recipes. The flowers can be cooked as soups, lumpia and as ingredient in Ilocano dishes. The skin pulps can be processed as embotido, pickles, jam and be boiled as cleansing drinks.

The stems and skin pulps can be processed as beauty soap.



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DRAGON FRUIT

Life and Benefits

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What is Dragon Cactus?

It is a plant highly adaptable to drought, and can tolerate heat and poor soil. It is a perennial, epiphytic, climbing cactus with triangular, fleshy, jointed green stems. It grows up to 25 to 50 years.



Its large and white flower is called "Moonflower" or Queen of the night" because it blooms at night.

Normally, the flowering and production season of dragon fruit is from April to November or during the long days.



Its fruit is bright pink/pale magenta or yellow (depend on the variety), and green-colored spine-like scales, non-climacteric or it does not undergo dramatic ripening change after maturity. Seeds are very small, numerous, and black within the pulp. Flesh is either white, red or magenta.



How healthy the dragon fruit is?

The typical nutritional value per 100g of dragon fruit are the following:



Riboflavin	0.045 mg	Protein	0.229 g
Niacin	0.430 mg	Fat	0.61 g
Iron	0.65 mg	Ashes	0.68 g
Phosphorus	36.1 mg	Fiber	0.90 g
Ascorbic Acid	9.0 mg	Calcium	8.8 g
Carotene	0.012 mg	Water	83.0 g

What are the health benefits?

- Prevents formation of cancer cells because of its free radicals and aids in cleansing (Pythoalbumins as anti-oxidant)
- Enhances metabolism of carbohydrates and produces energy (Vitamin B1)
- Improves digestion, prevents constipation, reduces fat
- Improves memory (Carotene)
- Strengthens bones, enhances teeth development (Calcium), and improves tissue development (Phosphorous).
- Improves appetite (Vitamin B2)

- Moisturizes and smoothens skin and decreases bad cholesterol level (Vitamin E)
- Improves immune system and promotes healing of cuts and bruises (Vitamin C)
- Reduces hypertension (B-Sitosterol)
- Aids in liver, digestive and endocrine problems (antimutagenic activity and hepatoprotective effects)
- Helps reduce blood glucose level in people with non-insulin dependent hyperglycemic conditions.
- Improves eyesight and prevents rheumatism
- Good for urinary tract infection
- Improves eyesight and prevents rheumatism

