



# PASSION FRUIT CULTIVATION

## Introduction

Passionflower is a rustic, adaptable crop. The plant is a fast-growing perennial climber with a tough, woody texture; the fruit is a large, egg-shaped berry measuring up to 10cm across and weighing up to 90g.

The many varieties of passion fruit vary according to their coastal or forest location. Typical varieties are *Hawaii*, *Brasil* and *Venezuela*.

## Growing

The passionflower grows in warm regions of 20-30°C temperature, with a minimum annual rainfall of 1,500mm<sup>3</sup>.

Soils should be loose, well-drained and at least 1m deep, and without problems of salinity.

## Blights and Disease

Blights: Plant lice, worms, citrus red mites (*Panonychus citri*), and green scale (*coccus viridis*, an insect pest of citrus plants.)

Disease: virosis (diseases caused by viruses)

## Harvesting

The fruit is harvested eight months after planting.

The fruits are at optimum maturity when they fall from the mother plant.

## Pruning

Over-frequent pruning is ill-advised, as this can diminish production and hinder the growth of the plant.

Pruning does reduce risk of blights and disease but should only be carried out when necessary, such as to prevent the plant growing too heavy or to cut back vegetation that will hinder picking.

## Post harvest

Windfall fruits should be gathered *at least* once a week, in order for them not to deteriorate. Fruits should be in good condition, without bruises, insect holes or phyto-pathological infection.

Once gathered, place the passion fruits in a cold, dry place: 4-6°C, with a high level of humidity.

To give the fruits a smooth and even appearance, seal them in plastic bags.

The main problem with exporting passion fruit is a significant shrinking (loss of weight), causing the outer skin to wrinkle.

## Uses

The seeds and flesh are good to eat, the flesh suiting juices, ice cream and confectionery, and so on.

Passion Fruit is used industrially in tinned food, juices, jams etc. It is also used medicinally as a muscular relaxant.

## Links

Passion Flower Seed Company & National Collection of Passiflora  
<http://www.passiflora-uk.co.uk/cultivation.shtml>

Infonet Biovision  
<http://www.infonet-biovision.org/default/ct/199/crops>

## References and further reading

- [Passion Fruit Jam](#) Technical Brief Practical Action  
Recipe and method for the small-scale production of passion fruit jam.
- [Passion Fruit Juice](#) Technical Brief Practical Action  
Recipe and method for the small-scale manufacture of passion fruit juice.
- *Estudio económico productivo del Perú*. PERU ACORDE, 2003.  
Study of Peru's production economy

### For further information, please contact:

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This document was translated by Edward Stevens for Practical Action from the Spanish document [Cultivo de Maracuyá Ficha Técnica 29](#). Soluciones Prácticas La ficha describe de manera clara y sencilla información sobre el manejo adecuado del maracuyá en relación al tipo de suelo, cosecha, etc.

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