



AUGUST 28

SAMPLE

TASTING

Passion Fruit

Students will taste passion fruit and sample a recipe.

**Learn where it is
grown**

**Learn how its
used**

**Take home a
recipe**

Learn fun facts

**Learn how to
store**

FUNDED BY

CHEF ANN GRANT

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USES: THE JUICE CAN BE USED IN MAKING JELLIES, PIE FILLINGS, CAKE FROSTINGS, SMOOTHIES, ETC. FROM SWEET TO SAVORY APPLICATIONS, PASSION FRUIT IS AN EXTREMELY VERSATILE EXOTIC FRUIT. IF YOU ARE HAVING TROUBLE SLEEPING OR FEELING ANXIOUS MOST OF THE TIME, REGULAR CONSUMPTION OF PASSION FRUIT MIGHT HELP.

THE PASSIONFRUIT IS A CLIMBING VINE. IT HAS THREE LOBED LEAVES AND LITTLE TENDRILS THAT WRAP THEMSELVES. A SUNNY, SHELTERED SITE IN A FROST- FREE CLIMATE IS IDEAL. IT IS GROWN IN RAWANDA DUE TO ITS TROPICAL ENVIRONMENT. PASSIONFRUIT PLANTS HAVE A VULNERABLE ROOT SYSTEM NEEDING HEALTHY SOIL. 5-7 YEARS IS A LONG LIFE FOR A PASSIONFRUIT VINE. WATERING: NEEDS A VERY REGULAR WATER SUPPLY AT ALL TIMES.

THERE ARE TWO MAIN TYPES OF PASSION FRUIT WHICH HAVE DIFFERING EXTERIOR APPEARANCES. THE BRIGHT YELLOW VARIETY OF PASSION FRUIT, KNOWN AS THE GOLDEN PASSION FRUIT, CAN GROW UP TO THE SIZE OF A GRAPEFRUIT, HAS A SMOOTH, GLOSSY, LIGHT AND AIRY RIND. THE DARK PURPLE PASSION FRUIT IS SMALLER THAN A LEMON, THOUGH IT IS LESS ACIDIC THAN THE YELLOW PASSION FRUIT, AND HAS A RICHER AROMA AND FLAVOR.

PASSION FRUIT

STORE: IN SELECTING PASSION FRUIT FOR EATING, CHOOSE THOSE THAT ARE PLUMP AND RIPE, AND HEAVY FOR THEIR SIZE, AS THIS INDICATES JUICINESS. WHEN KEPT IN ROOM TEMPERATURE, PASSION FRUITS SHOULD BE EATEN WITHIN A COUPLE OF DAYS. IF YOU PLAN ON CONSUMING THE FRUITS AT A MUCH LATER TIME, THE BEST OPTION WOULD BE TO FREEZE THEM.



THE PASSION FRUIT IS ROUND TO OVAL, EITHER YELLOW OR DARK PURPLE AT MATURITY, WITH A SOFT TO FIRM, JUICY INTERIOR FILLED WITH NUMEROUS SEEDS. THE FRUIT CAN BE GROWN TO EAT OR FOR ITS JUICE. FOR EATING, THE FRUIT SHOULD BE ALLOWED TO WRINKLE FOR A FEW DAYS TO RAISE THE SUGAR LEVELS & ENHANCE THE FLAVOR. PEAK SEASON IS WINTER THROUGH SUMMER.

The fruit is both eaten and juiced. Excellent source of vitamin A, vitamin C, niacin, and potassium. Passion fruit derives its name from its flower, which is supposed to display the iconography of the passion of Christ. Passion fruit is also known as Grandilla.



The passionfruit is a climbing vine. Very vigorous and fast growing climbing vine. Have large, three lobed leaves, little tendrils that wrap themselves around whatever they can get hold of. A sunny, sheltered site in a frost- free climate is ideal. While native to South America it is grown in Rwanda due to its tropical environment. Passionfruit need something to climb over. Passionfruit plants have a vulnerable root system. A healthy soil, teeming with worms and microbes and lots of organic matter. Five to seven years is a long life for a passionfruit vine. Watering: It needs a very regular water supply at all times.



Uses: The juice can be used in making jellies, pie fillings, cake frostings, smoothies, etc. From sweet to savory applications, passion fruit is an extremely versatile exotic fruit.

If you are having trouble sleeping or feeling anxious most of the time, regular consumption of passion fruit might help.

Passion Fruit

The passion fruit is round to oval, either yellow or dark purple at maturity, with a soft to firm, juicy interior filled with numerous seeds. The fruit can be grown to eat or for its juice, which is often added to other fruit juices to enhance the aroma.

For eating right out of the fruit, the fruit should be allowed to wrinkle for a few days to raise the sugar levels and enhance the flavor. peak season winter through summer.



Fun Facts:

*The fruit is both eaten and juiced.

*It enhance the aroma.

*Excellent source of vitamin A, vitamin C, niacin, and potassium.

*Passion fruit derives its name from its flower, which is supposed to display the iconography of the passion of Christ, specifically the crucifixion.

*A different name for Passion fruit is Grandilla.

There are two main passionfruit varieties. Rwanda currently produces two types of passion fruit which have clearly differing exterior appearances. The bright yellow variety of passion fruit, which is also known as the Golden Passion Fruit, can grow up to the size of a grapefruit, has a smooth, glossy, light and airy rind. The dark purple passion fruit is smaller than a lemon, though it is less acidic than the yellow passion fruit, and has a richer aroma and flavor



Store: In selecting passion fruit for eating, choose those that are plump and ripe, and heavy for their size, as this indicates juiciness. When kept in room temperature, passion fruits should be eaten within a couple of days. If you plan on consuming the fruits at a much later time, the best option would be to freeze them.



OCTOBER 30

SAMPLE

TASTING

Jicama

Students will taste Jicama and sample a recipe.

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JICAMA



JICAMA IS A ROUND, HARD, WATERY ROOT VEGETABLE WITH MEXICAN ORIGIN. EVEN THOUGH JICAMA LOOKS LIKE A POTATO, YOU CAN'T CHOP UP A JICAMA ROOT AND PLANT IT LIKE YOU WOULD A POTATO. IT HAS TO BE GROWN FROM SEED, AND IT HAS TO BE REPLANTED EVERY YEAR. JICAMA SEEDS ARE LARGE AND SORT OF SQUARE. IT HAS A LONG GROWING SEASON (150 DAYS OR MORE). THE VINE AND LEAVES ARE POISONOUS SO YOU CAN'T EAT THEM.



Other names for Jicama are Mexican yam, Mexican turnip, Mexican potato.

Jicama is often consumed raw in salads or slaws. Can be cooked in stir fries, soups, or other. Its culinary use and flavor is very similar to water chestnuts or apples. Jicama should be stored in a cool, dry place and left uncovered. Jicama is becoming more common in both American and world cuisine and it has become relatively easy to find.



NOVEMBER 29

SAMPLE TASTING

Pitaya (Dragon Fruit)
Students will taste Pitaya and
sample a recipe.

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Dragon Fruit

OK







Jackfruit

The jackfruit (*Artocarpus heterophyllus*), also known as jack tree, lenna, jakfruit, or sometimes simply jack or jak, is a species of tree in the fig, mulberry, and breadfruit family native to southwest India. The jackfruit tree is well suited to tropical lowlands, and its fruit is the largest tree-borne fruit, reaching as much as 55 kg (120 lb) in weight, 90 cm (35 in) in length, and 50 cm in diameter.









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yes 8
Kind of

OK

JACKFRUIT

OK

JACKFRUIT
SMOOTHIE