



***Passiflora foetida* L.**

Family: Passifloraceae



A wild woody and perennial vine that bears delicious fruits in purple or in yellow though moderately cultivated in parts of India where it was perhaps introduced from the distant land of South America. Gradually, it became naturalized in and around south and southeast Asia growing wild as well as cultivated. Owing to its distinct taste, it has become common in many of the rural and urban areas of India, eaten raw or made into juice or smoothies or other exotic thirst-quenchers with added vitamin-rich ingredients. In the Nilgiris and also in Northern India, people have enjoyed its good harvest while it went wild at other places. Recipes are diverse as one travels across India. The rural women of Kerala and Tamil Nadu make chutney from passion fruit pulp along with shallots, coconut, chilies, ginger, and curry leaves to accompany rice, idli, or roti. In Telangana and Tamil Nadu, fruit juice is popular among rural people. In the frontier provinces of the north-east region, mostly juicy extract in different enticing forms are available in cool colors and taste, concentrate, ice cream, squash, confectionery, or blended its juice with other fruits etc. The food value of the fruit is high as it is rich in vitamin C, vitamin B6 (riboflavin), vitamin B3 (niacin), and iron. Realizing the economic potential, the plant has been commercially exploited in places in northeast, especially in Manipur, and the fruit is also sold online as fresh pieces and as preserved purees.

