



# Harvest and Post-Harvest Management for Passion Fruit

There are two major signs to know your passion fruit is ready for harvest

1. The length of time after transplanting.
2. Skin colour.

Fruit is harvested when it is more than 75% purple or yellow. Fruit harvested at this stage of ripeness will have a longer storage life and is less likely to spoil than fruit picked at later stages of ripeness.

Sell the fruits quickly to prevent weight loss. The skin becomes wrinkled because of drying, but the juicy part remains in good condition for several days.



**SCAN ME**  
To get this online



## Maturity

There are two major signs that will tell you whether your passion fruits are ready for harvesting.

1. The length of time after transplanting.
2. Skin colour.

Fruit is harvested when most (75%) is purple and yellow in colour. Fruit harvested at this stage will have a longer storage life compared to fruits picked later.

Sell the fruits quickly to prevent weight loss. The skin becomes wrinkled on drying, but the juicy part remains in good condition for several days.

## Market Requirement

- Sell passion fruits in the local market as fresh fruits. The fruits should have no marks be clean and of the same colour and size. They should not have any pesticide residues, should be smooth with no wrinkles.
- Processors will ask for clean, juicy fruit that has no remains of chemicals, is not rotten and is not damaged.
- If your markets are further away, harvest earlier because if the fruit turns yellow or purple, they may start to shrivel.

## How to harvest

- Cut or clip the fruit off the vine with a sharp knife or clippers; do not pull fruit from the plant.
- Yellow passion fruit falls off the vine when mature. Pick the fruit as soon as it falls to the ground. You can do this several times a week.
- Pick fruit when they are nearly fully (75%) purple or yellow.
- Put fruit in containers; use small buckets to avoid rubbing and wounding the fruit.
- Keep the harvested fruit in the shade to avoid overheating before you pack.
- Never harvest Passion fruit when wet. Fruits harvested when wet spoil quickly when stored.

## Grading

Once picked, take the fruit out of direct sunlight and place it in a shaded area, such as a cooling shed. Remove unripe (green) fruit, broken, deformed, sick, or damaged fruit.

Grade fruit according to:

- Size.
- Colour, bruising, or cuts.
- Maturity: Pest or disease presence and damage.

Fruit Parameter	GRADE A	GRADE B	GRADE C
Grade	1	2	3
Shape	Round/Oval	Any	Any
Ripeness	Almost ripe	Ripe	Ripe/Overripe
Disease or pest	No disease, pest or wound	No disease, pest or wound	Some wounds
Size	Smaller than an apple	Any size	Any size

*Buyers will also check things like the inner fruit's smell, size, and sugar content.*



Boxed Passion fruit

## Packing

After you have finished grading, pack the fruit as per the order of the client or market.

Use plastic crates lined with Khaki paper or gunny bags lined with plastic for fruits sold outside of Kenya. Fruit can also be packed directly into export boxes that carry between 2 and 3 kg.

Do not overload packing boxes or trays, as this will damage the fruit and diseases may get into the fruits.

Plastic or stiff cardboard boxes are best to use for transport over long distances, as they protect the fruit from external pressure.

## Storage

Store in a cool dry place before fruit is collected or sent to the market

Where storage is required for longer periods the fruits should be kept in a cool dry facility with a temperature range of 7-10 °C and for a period not longer than 4 weeks.

# Frequently Asked Questions



## ▶ **How long does a passion fruit vine take to produce fruit?**

Passion fruit vines can take anywhere between 5-18 months to fruit. Depending on variety and conditions however, they usually develop fruit within a year.

## ▶ **How do you know when passion fruit is ready to harvest?**

The fruits are round, fully coloured - either dark purple or dark yellow, orange or red. Slightly wrinkled fruits are super

ripe and will have a sweeter taste than smooth skinned fruits.

## ▶ **Why are my vines full of fruit with no juice inside?**

This could be due to ineffective pollination where not enough pollen has been transferred from the stamen (male parts of the plant) to the pistil (female parts) to set a pulp-filled fruit.

This can occur when there is a lack of bees or insects around to assist pollination and can sometimes happen in heavy rainfall or high/low temperatures.

Watch



Saturdays 1:30pm (English)  
Sundays 1:30pm (Kiswahili)



Produced by



For more information  
Subscribe to iShamba  
Send the word "JOIN" to 21606

Content approved by



Implemented by



Shamba Shape Up



www.shambashapeup.com