

Passion flowers

Benziger brothers - Passion Fruit: Nutrition, Benefits, and How to Eat It



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Passion Fruit: Nutrition, Benefits, and How to Eat It

Show More I am a floral designer specializing in weddings and events, with a talent for capturing the true essence of the people being celebrated. If you are bringing your passionflower indoors for the winter, it will probably go semi-dormant and look less than ideal, but it should perk up again in the spring. Give her full sun and plenty of water, and she'll continue her growing spree through the summer months.

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It is woody in warm winter climates but dies to the ground in cold winter climates. When the Spanish and Portuguese missionaries came to the Americas in the 16 th century, they used the Passion Flower as a symbolic way to teach about the story of Jesus Christ.

Katy Florist

There are few documented side effects of passionflower, making likely to be a low-risk supplement to a healthful routine. Tips for Passion Flower Care Their vibrant colors and heady fragrance make the passion flower plant a welcome addition to any garden. Typically, some type of support is needed for the vines to grow on—a trellis, a structure, or even another plant.

17 Unbelievable Benefits of Passion Flower

Full sun is preferable in the summer, with as much light as you can give during the winter. One variety of passionflower, *Passiflora incarnata*, may help treat anxiety, insomnia, and pain.

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The blooms come adorned with purple sepals and petals that turn near white at the base.

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