

CHAYOTE



The chayote, also known as christophene, cho-cho, pear squash, or vegetable pear, is an edible plant belonging to the gourd family, along with melons, cucumbers, and squash. The chayote is originally native to Mexico but it has since been introduced worldwide. The main growing regions are Costa Rica and Veracruz, Mexico. Chayotes come in a variety of colors, shapes and textures but the most commercially known varieties are lime green and pear shaped. The shared trait between all chayotes is their flesh color and fruit flavor.

The chayote can be eaten both raw and cooked. In fact, not just the fruit is edible but the root, stem, seeds, and leaves are as well. In cooking, the chayote can be substituted for summer squash in any recipe. Raw, it can be added to salads, or salsas, and it is often marinated with lemon or lime juice. It can also be eaten straight although it does have a bland flavor. Nutritionally the chayote is a good source of vitamin C and amino acids.