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Sechium edule

[Synonyms : *Chayota edulis*, *Sechium americanum*, *Sicyos edulis*]

CHAYOTE (English, French, German) is a vine. Native to tropical America it has greenish or cream flowers.

It is also known as *Caiota* (Portuguese), Cayote, Chaco, Cho-cho, Choko, *Chouchoute* (French), Chow chow, Choyote, Christophene, Christophine, *Chuchu* (Portuguese), Custard marrow, *Fa chon kwa* (Chinese), *Gambas* (Sundanese), *Kajote* (Danish), *Kayote* (Swedish), *Labu siam* (Thai), *Launku* (Hindi), Madeira marrow, Mango squash, Mirliton, *Pepinela* (Portuguese), *Schuschu* (German), Vegetable pear, *Waluh jipang* (Javanese), and Xuxu.

Edule is Latin (eatable).

Chayote is derived from an Aztec name for the fruit *chayotl*.

Chayote was cultivated by the Aztecs for food.

The pale green or white fruit (which are generally cooked unripe as a vegetable like marrow (*Cucurbita pepo medullosa*) or poached like pears (*Pyrus*) for a dessert) can weigh up to half a pound. The root (which can weigh up to 20 lb), leaves and young shoots are also eaten. In Latin America they are sliced and fried, or boiled and candied, and there and in Asia the seeds are also cooked in butter as a delicacy.

In some areas the leaves have provided a source of fodder.