

Choko

Sechium edule · Cucurbit family

DIFFICULTY Easy (very vigorous)
TYPE Perennial vine, grown as annual in cooler zones
MATURITY 150–180 days



SUN
Full sun



WATER
Regular



SOIL PH
6.0–7.0



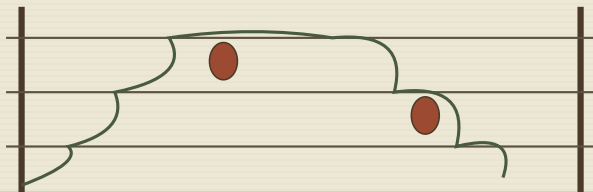
SPACING
2–3m on a strong structure



DEPTH
whole fruit planted

01 Grown from the whole fruit

Unusually, choko is planted as the entire sprouted fruit laid on its side, not a seed — and the vine is famously vigorous, easily covering a large fence or arbour in one season.



trained along wires, fruit hanging

02 Planting

METHOD	Lay a sprouted fruit on its side, half-buried, at the base of a sturdy structure.
SOIL	Rich, well-drained.
TIMING	Plant in spring once frost risk has passed.

04 Problems

- **Overwhelming vigour** — the main issue; site it where it can spread freely.
- **Fruit fly** — less commonly affected than other cucurbits.
- **Frost dieback** — top growth dies in a hard frost but the root often survives.
- **Powdery mildew** — humid weather; ensure good airflow.

06 Companions & rotation

PLANT NEARBY

Nasturtium

AVOID NEARBY

Anywhere space is limited

ROTATION NOTE

Not applicable — long-lived perennial vine where climate allows.

03 Growing care

- Provide a very sturdy trellis, fence, or arbour — growth is extremely vigorous.
- Water regularly through summer.
- Feed occasionally through the growing season.
- Prune back hard at season's end in cooler zones, where it may die back.

05 Harvest & storage

SIGNS	Fruit reaches pale green, pear-sized, firm.
METHOD	Cut from the vine with secateurs.
CURING	None needed.
STORAGE	Fridge, several weeks — chokoes store unusually well.