

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



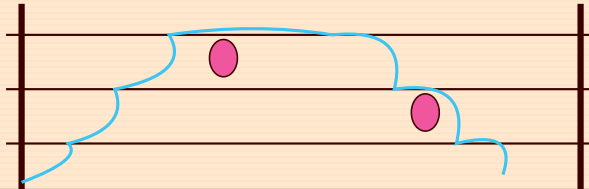
SPACING
2–3m on a strong
structure



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.

Planting timing varies significantly by Australian climate zone. Set your zone above (or use the Find My Climate Zone tool) for guidance tailored to your own area.

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.

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.
PRESERVING	See Fermenting (fermented pickles) or Root Cellaring (storing winter squash and pumpkin) for ways to keep a harvest surplus.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Nasturtium	Anywhere space is limited	Not applicable — long-lived perennial vine where climate allows.