

Chayote Squash

Did you know?

- Chayote squash can be substituted for summer squash in any recipe.
- Both the skin and seeds of the chayote squash are edible.
- Chayote squash is available year-round, with peak season in the fall and occasionally in the late spring.
- Chayote squash is native to Mesoamerica, specifically central Mexico. It was one of the earliest cultivated plants within the New World, though there is no definitive archaeological evidence to prove just how long Chayote squash has been in existence.
- Chayote squash is widely used around the world in a variety of culinary applications. In addition to its culinary uses, the vines are utilized to make sturdy, woven ropes in the West Indies.



Sources

- https://www.specialtyproduce.com/produce/Chayote_Squash_538.php
- <https://healthyeating.sfgate.com/benefits-chayote-7733.html> (photo)