

# CHAYOTE



*The chayote is a fruit native to Mexico and Central America. The fruit comes from a plant where the stems are several meters long. The chayote is a squash about ten centimeters long and can weigh up to 2 kilos. Its shape imitates that of the pear. The chayote is in the fruit family, but is used as a vegetable.*

## AVAILABILITY AND PROVENANCE

### PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

### CENTRAL AMERICA

### MEXICO

**TARGET CUSTOMER: CARIBBEAN & HISPANIC**

## OPTIMAL TEMPERATURE FOR CONSERVATION

10 - 12°C

## PURCHASE GUIDE

Look for a chayote without blemishes or bruises. In order to fully enjoy its flavor, it should be eaten when it is at the end of its ripening process.

## CONSUMPTION

When ripe, the chayote is eaten in gratins, in salads, in quiche, or even stuffed. Chayote is delicious and can be used in many dishes. Let your imagination run wild!

## NUTRITIONAL VALUE

The chayote contains vitamin C, K and B6. The chayote also contains small amounts of calcium, zinc and iron.

