



Choko

Plant in well drained, enriched soil that receives full sun to part shade. Water deeply, once or twice a week. Feed in Autumn and Spring with Dynamic Lifter and fertiliser. When flowering and fruiting, feed weekly with a liquid fertiliser to promote fruit production.

Harvest by snipping fruits when 5-7cm long.

Prune the vine each Winter to leave 2-4 young shoots for the next crop to grow the following season.

Chokos can be served fresh in salads or on sandwiches, or can be peeled, chopped and added to soups and stews. They can be baked with apples into a sweet pie.

ERINDALE COMMUNITY GARDEN