The chayote fruit is mostly used cooked. When cooked, chayote is usually handled like summer squash; it is generally lightly cooked to retain the crispy consistency.

Though rare and often regarded as especially unpalatable and tough in texture, raw chayote may be added to salads or salsas, most often marinated with lemon or lime juice. Whether raw or cooked, chayote is a good source of vitamin C.

**Common name:** Chayote  
**Scientific name:** NA  
**Most common uses:** Chayote may be added to salads or salsas  
**Shipping:** Freight in cold temperature (48-50°F)  
**Packing:** Individual box: NA lbs.  
Pallet: NA boxes  
Meets USDA standards – Primus GFS Certified  
**Country of origin:** Mexico