

Sechium edule (Jacq.) Sw., 1800 (Chayotte)

Identifiants : 3094/secedu

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))
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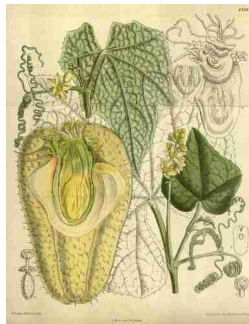
- **Classification/taxinomie :**
 - **Famille :** Cucurbitaceae ;
- **Synonymes français :** chayote, christophine (christofine), chouchou (chou-chou), chouchoute, miriton, choko, chuchu ;
- **Nom(s) anglais et/ou international(aux) :** vegetable pear (vegetable-pear), chayote, cho-cho, christophine, choko, chuchu (pt,br), chocho (jm,es), pipinella (pt, Madère), chayota (pt, Madère), châhiola (pt, Madère), fo shou gua (cn transcrit), Stachelgurke (de), hayato-uri (jp romaji), machiche-francès (pt,br), machucho (pt,br), xuxú (pt,br), chayote de monte [subsp. sylvestre] (es), erizo de monte (es), [subsp. sylvestre], pipinela(es), tallote (es), camochayote (es,mx), chinchayote (es,mx), cueza (es,mx), kayote (sv) ;
- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** Partie(s) comestible(s)μ{{0(+x)μ : fruit, feuilles, graines, racines, légumeμ{{0(+x)μ.
Utilisation(s)/usage(s)μ{{0(+x)μ culinaires :
 - les fruits sont comestibles cuits ; ils peuvent être picklés, cuits au four, cuits à la vapeur, ou utilisés pour faire des beignets et des desserts ;
 - les jeunes pointes des feuillesμ{{0(+x)μ (brèdesμ(dp*)μ) sont consomméesμ{{0(+x)μ comme potherbeμ{{(dp*)μ ;
 - les graines peuvent être consommées cuites ; elles sont souvent frites ;
 - les racines charnues peuvent être mangées cuites ; elles peuvent être bouillies, cuites au four ou frites ; de la fécule peut être extraite de celles-ciμ{{0(+x)μ.



Précautions à prendre :

néant, inconnus ou indéterminés.

- **Nombre de graines au gramme :** 0,006/0,0075 ;
- **Illustration(s) (photographie(s) et/ou dessin(s)):**



Curtis's Botanical Magazine (vol. 143 [ser. 4, vol. 13]: t. 8738 ; 1917) [M. Smith], via [plantillustrations.org](#)

- **Liens, sources et/ou références :**
 - **Wikipedia :**
 - [https://fr.wikipedia.org/wiki/Chayotte_\(en_français\)](https://fr.wikipedia.org/wiki/Chayotte_(en_français)) ;
 - [https://en.wikipedia.org/wiki/Chayote_\(source_en_anglais\)](https://en.wikipedia.org/wiki/Chayote_(source_en_anglais)) ;
 - [https://de.wikipedia.org/wiki/Chayote_\(source_en_allemand\)](https://de.wikipedia.org/wiki/Chayote_(source_en_allemand)) ;

- **Prota4U** : <https://www.prota4u.org/protav8.asp?fr=1&h=M4&t=Sechium.edule&p=Sechium+edule#Synonyms> ;
- **supertoinette : fiche cuisine** : <https://www.supertoinette.com/fiche-cuisine/556/chayotte.html> ;

dont classification :

- ["The Plant List" \(en anglais\)](#) ;
- ["GRIN" \(en anglais\)](#) ;
- [INPI \(recherche. en anglais\)](#) ;

dont Google (recherche de/pour) "Sechium edule" : [pages](#), [images](#) | **"Chayotte" :** [pages](#) ;

dont livres et bases de données : 0"FOOD PLANTS INTERNATIONAL (en anglais), 76Le Potager d'un curieux - histoire, culture et usages de 250 plantes comestibles peu connues ou inconnues (livre, pages 82 à 85, par A. Paillieux et D. Bois) ;

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

Abbiw, D.K., 1990, *Useful Plants of Ghana*. West Africahnology Publications and the Royal Botanic Gardens, Kew. p 39 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 563 ; Anderson, E. F., 1993, *Plants and people of the Golden Triangle*. Dioscorides Press. p 220 ; Astrada, E., et al, 2007, *Ethnobotany in the Cumbres de Monterrey National Park, Nuevo Leon, Mexico*. *Journal of Ethnobiology and Ethnomedicine* 3:8 ; Bianchini, F., Corbetta, F., and Pistoia, M., 1975, *Fruits of the Earth*. Cassell. p 106 ; Bodner, C. C. and Gereau, R. E., 1988, *A Contribution to Bontoc Ethnobotany*. *Economic Botany*, 43(2): 307-369 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 1. Kew. ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 2023 ; Cheifetz, A., (ed), 1999, *500 popular vegetables, herbs, fruits and nuts for Australian Gardeners*. Random House p 95 ; Chin, H. F., 1999, *Malaysian Vegetables in Colour*. Tropical Press. p 70 ; Chizmar Fernandez, C., et al, 2009, *Plantas comestibles de Centroamerica*. Instituto de Biodiversidad, Costa Rica. p 161 ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible*. ABC Books. p 1328 ; Ekman Herbarium records Haiti ; Engels, J.M.M., 2004. *Sechium edule* (Jacq.) Sw. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 22 October 2009 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 88 ; FAO, 1988, *Traditional Food Plants*, FAO Food and Nutrition Paper 42. FAO Rome p 433 ; FAO, 1993, *Valor Nutritivo Y Usis en Alimentacion humana de Algunis Cultivos Autoctonos Subexplotados de Mesoamerica*. FAO, Santiago, Chile. p 82 ; Foo, J.T.S.(ed), 1996, *A Guide to Common Vegetables*. Singapore Science Foundation. p 62 ; *Fl. Ind. occid.* 2:1150. 1800 ; French, B.R., 1986, *Food Plants of Papua New Guinea, A Compendium*. Asia Pacific Science Foundation p 100 ; French, B.R., 2010, *Food Plants of Solomon Islands. A Compendium*. Food Plants International Inc. p 131 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 26 ; Gouldstone, S., 1983, *Growing your own Food-bearing Plants in Australia*. Macmillan p 166 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 456 ; Hadfield, J., 2001, *The A-Z of Vegetable Gardening in South Africa*. Struik p 104 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 601 ; Hernandez Bermejo, J.E., and Leon, J. (Eds.), 1994, *Neglected Crops. 1492 from a different perspective*. FAO Plant Production and Protection Series No 26. FAO, Rome. p18, 79 ; Hibbert, M., 2002, *The Aussie Plant Finder 2002*, *Florilegium*. p 289 ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 709 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 100 ; Kapelle, M., et al, 2000, *Useful plants within a Campesino Community in a Costa Rican Montane Cloud Forest*. *Mountain Research and Development*, 20(2): 162-171. ; Kays, S. J., and Dias, J. C. S., 1995, *Common Names of Commercially Cultivated Vegetables of the World in 15 languages*. *Economic Botany*, Vol. 49, No. 2, pp. 115-152 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 1750 ; Kuo, W. H. 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Bishop Museum Press, Honolulu, Hawaii. p 263 (Drawing) ; Terra, G.J.A., 1973, *Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam*, p 71, 74 ; Tindall, H.D., & Williams, J.T., 1977, *Tropical Vegetables and their Genetic Resources, International Board for Plant Genetic Resources, Rome*, p 52 ; Tindall, H.D., 1983, *Vegetables in the tropics. Macmillan* p. 182 ; Tredgold, M.H., 1986, *Food Plants of Zimbabwe. Mambo Press*. p 14 ; USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) ; van Wyk, B., 2005, *Food Plants of the World. An illustrated guide. Timber press*. p 342 ; van Wyk, Be., & Gericke, N., 2007, *People's plants. A Guide to Useful Plants of Southern Africa. Briza*. p 56 ; Walter, A. & Lebot, V., 2007, *Gardens of Oceania. ACIAR Monograph No. 122*. p 215 ; Williamson, J., 2005, *Useful Plants of Malawi. 3rd. Edition. Mdadzi Book Trust*. p 222 ; Woodward, P., 2000, *Asian Herbs and Vegetables. Hyland House*. p 121 ; Yang, Si-Lin and Walters, T. W., 1992, *Ethnobotany and the role of the Cucurbitaceae of China. Economic Botany, Vol. 46, No. 4*, pp. 349-367 ; Zaldivar, M. E., et al, 2002, *Species Diversity of Edible Plants Grown in Homegardens of Chibehan Amerindians from Costa Rica. Human Ecology, Vol. 30, No. 3*, pp. 301-316 ; Zuchowski W., 2007, *Tropical Plants of Costa Rica. A Zona Tropical Publication, Comstock Publishing*. p 174