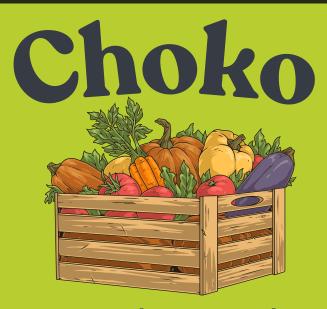
FROM PATCH TO PLATE



Five Delicious Ways with...



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes - with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every day is so easy. Job done. Tick ✓

This edition features Choko - crisp, pale green, and subtly sweet with a refreshing crunch.



Choko in a Nutshell

How to Enjoy!

- **Cooked:** Steam, boil, stir-fry, or roast, choko softens beautifully while holding its shape, soaking up flavours without overpowering a dish.
 - **Tip**: Leave the skin on for extra fibre, or peel for a more delicate texture. Slice thinly or cube for quick, even cooking.
- **Flavour Pairings:** Choko's mild, slightly sweet flavour pairs well with garlic, lime, chilli, coriander, ginger, olive oil, and mild cheeses.
 - Add bright, zesty, or savoury ingredients to bring out its natural sweetness.
- Preserved: Blanch and freeze chayote pieces to use later in soups, stir-fries, or curries.

Nutrition Highlights!

- Vitamin C → supports immunity and collagen production
- Folate → essential for cell growth and repair
- Potassium → helps regulate fluid balance and blood pressure
- **Fibre** → promotes healthy digestion and gut health

🗰 Fun Fact 🗯

Choko is actually a type of gourd and grows on a climbing vine - one single plant can produce dozens of fruits in a season!

Growing Conditions

- When to Plant (Subtropical): Late Summer Early Autumn
- Time to Sprout: 7-14 days
- Vine Length: Can grow several metres with support
- Time to Harvest: ~4–6 months after planting

Harvesting tips

- Pick choko fruit when it's light green, smooth, and about the size of your palm for the best flavour and texture.
- Gently twist or snip the fruit from the vine, taking care not to damage the stem.
- Regular picking encourages the plant to keep producing more fruit throughout the season.

How to Store

- Keep unwashed chayote in a cool, dry spot or in the fridge crisper in a breathable bag.
- It can last up to 2–4 weeks when stored properly.
- If the skin starts to wrinkle slightly, it's still fine to use just peel before cooking.







Ingredients

- ½ cup grated choko (peeled, squeezed)
- ¼ cup corn kernels (fresh or frozen)
- 1 egg
- 2 tbsp self-raising flour
- 1 tbsp chopped spring onion
- Salt, pepper, olive oil
- ½ avocado, mashed with lemon juice

- 1. Mix choko, corn, egg, flour, and seasoning into a thick batter.
- 2. Pan-fry spoonfuls until golden on both sides.
- 3. Stack fritters and top with avocado smash.

Lunch: Choko Bahn Mi Bowl

Prep: 15 mins | Cook: 5 mins | Serves: 1

Ingredients

- ½ choko, julienned (raw or lightly sautéed)
- ½ carrot, julienned
- ½ cucumber, julienned
- ½ cup cooked rice or quinoa
- ¼ cup shredded cooked chicken or tofu
- Dressing: 1 tsp soy sauce, ½
 tsp rice vinegar, squeeze lime,
 dash honey
- Optional: sliced chilli + coriander

- 1. Layer grains, chicken/tofu, and veg into a bowl.
- 2. Drizzle with dressing and scatter herbs.



Dinner: Choko, Tomato & Basil Pasta Bake

Prep: 15 mins | Cook: 25 mins | Serves: 2

Ingredients



- 1 small choko, diced
 1 cup cooked pasta
 ½ cup passata or tinned
 1 tbsp chopped fresh basil
 ½ cup ricotta or mozzarella
 Olive oil tomato
- garlic, salt, pepper

Directions

- 1. Sauté choko and garlic in olive oil for 3-4 min.
- 2. Add passata, basil, and cooked pasta. Stir through.
- 3. Transfer to baking dish, top with cheese, bake at 180°C for 20-25 min until bubbling.

Green Thumb Farm, Samford Valley QLD 4520.





Ingredients

- ½ cup grated choko
- ½ apple, grated
- 1 cup rolled oats
- 1 egg or flax egg
- 2 tbsp maple syrup
- 1 tbsp olive oil or melted butter
- ½ tsp cinnamon, pinch of nutmeg
- ½ tsp baking powder

- Mix everything and press into a lined loaf tin.
- Bake at 175°C for 25 min until set. Cool before slicing.

Lunchbox-Friendly: Choko & Cheese Quesadillas with Salsa Verde

Prep: 10 mins | Cook: 5 mins | Serves: 1

Ingredients

- ½ small choko, grated and squeezed
- ¼ cup grated cheese (cheddar or mozzarella)
- 1 wholemeal tortilla
- 1 tsp olive oil
- Salsa verde or tomato salsa for dipping

- Sprinkle choko and cheese on half of the tortilla. Fold and pan-fry with a little oil until golden and melty.
- 2. Slice into wedges and serve with salsa.



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Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,