

# Growing Achocha

*Cyclanthera pedata*



*“Ideal for an amateur production of ‘Day of the Triffids!’”  
(Seed Guardian, Jackie Warner)*

## The plant

Part of Garden Organic’s Heritage seed library collection, Achocha is described as ‘One of the Lost Crops of the Incas’ and some have wondered, ‘how?’ In a good year, this is a plant that will take over if not controlled. Achocha has potential as a crop, and as an ornamental in this country.

## How to grow

Sow seeds into pots under glass or on the windowsill in April/May and set them out when all danger of frost has

passed, or grow under glass. Warmth (rather than heat) and humidity are what achochas like best. It is reputed to be more cold tolerant than cucumber; enjoying a long summer; but will still be cut down by frost. Needs supporting, preferably with netting as it has tendrils that can grip. Will not cross with cucumbers or squashes and is self-fertile.

## How to prepare

The small, cucumber-like fruits have a fresh flavour; a cross between a minty cucumber and a green pepper. Can be eaten raw or stir-fried when young; when mature they have tougher skins so stuff with meat, fish or cheese, and then bake. Can also be pickled or used as a base for chutney.

*This leaflet is produced as part of the Sowing New Seeds Project. This is funded by Big Lottery’s Local Food Fund and has produced a resource of information on growing advice, experiences and seeds to promote growing of exotic produce in the UK.*

For further information visit [www.sowingnewseeds.org.uk](http://www.sowingnewseeds.org.uk)  
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