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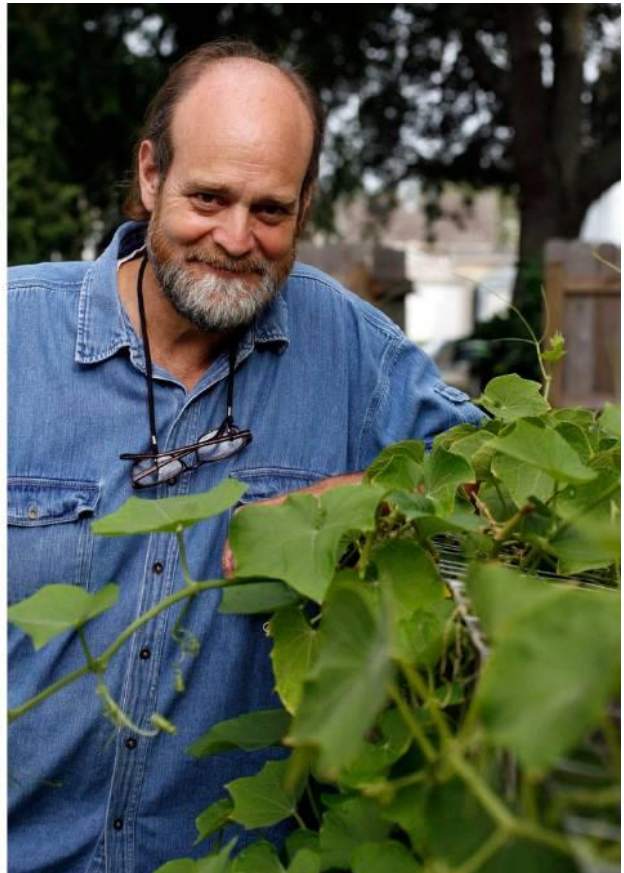
South Coast Register, Nowra, Australia

Nowra choko grower Col Liddicoat connects with Louisiana farmer



Grace Crivellaro

Latest News



MATES ACROSS THE BORDER: After Col Liddicoat's story about how he has mastered the art of growing chokos went live, a fellow choko farmer from across the border got in contact. Left image: Grace Crivellaro. Right image: supplied.

Who would know that a story in Nowra about the humble choko would receive an international response.

But that has been the case for the *South Coast Register* and Nowra man Col Liddicoat. We recently brought you the story of Col and his exploits with the "much-maligned" fruit.

As Col's story about how he [has mastered the art of growing chokos](#) and making his "famous" relish went live, a fellow choko farmer from across the world got in contact and even shared his recipes.

Reading Col's story, Lance Hill, a choko grower in Louisiana reached out to the *South Coast Register* to share his knowledge on the green bumpy fruit. Lance explained that in Louisiana, they are dubbed 'mirlitons'.

"Here in Louisiana, we call them mirlitons and I've been working for many years promoting home gardening of mirlitons," he explained.

"Our variety is probably the same as in Australia since they are both coastal varieties originally from Brazil."



PASSION FOR CHOKOS: Col Liddicoat takes his chokos in their many varieties wherever he goes, just in case. This morning, he took his choko and banana cake to the local Veterans walk. Image: Rob Crawford.

Lance is part of Mirliton.org, a non-profit organisation dedicated to promoting the conservation and innovative uses of Louisiana heirloom mirlitons.

Read more:

Once a backyard staple in South Louisiana, heirloom mirlitons were nearly destroyed by Hurricanes Katrina, Rita, and Gustav. The organisation seeks to restore the "sustainable backyard food source".

Lance has even published his own academic article about the history of chokos, labelling them as "One of the Noblest Gifts the Vegetable Kingdom Can Offer Man".

Lance was thrilled to read about a fellow grower who is as passionate as he is about chokos, and shared his own recipes with Col, including: [Lance's Mirliton Corn Muffins](#) and [New Orleans Pie Recipe](#).

Maybe it is true - people really do go loco for chokos.



PACKS A PUNCH: Col Liddicoat believes "the possibilities are endless" with chokos.