PLANT FACT SHEET

Carpobrotus deliciosus (L. Bolus.) L. Bolus

GENUS *Carpobrotus* **FAMILY** Aizoaceae

COMMON NAMES Sweet hottentot fig, Ice-plant, Sour-fig

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten. They can be eaten fresh or used for fruit salad. They can be dried and eaten like candy or made into jams and preserves.
They are also used to flavour milk.

DESCRIPTION

A succulent creeping herb. It forms mats over the ground. The leaves are cylinder shaped and fleshy. They are 3 angled. The leaves are 10 cm long and 1-2 cm thick. They are slightly curved. The flowers are bright red or golden. The flowers occur singly and are 5-7 cm across. The fruit are round and edible.

HABITAT

It is a Mediterranean climate plant. It is native to South Africa. It grows along the coast. It needs moderate moisture when hot and can be dry in cool weather. It suits gritty, well drained soil. It can grow on sand. It needs full sun. It can grow in arid places. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

Plants seed easily. They can be grown from seed.

NOTES

There are about 25 Carpobrotus species. Also put in the family Mesembryanthemaceae.

PICTURES



Credit: Food Plants International (Bruce French)

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